



Resource Guide

Welcome to your Resource Guide! We hope you find this helpful. The guide covers:

- Foster Parent Trainings
- Diversity Equity and Inclusion
- Items needed for your first placement
- Kent County Resources for NEW foster parents
- Staple Skin and Hair products for trans-racial placements

For more information visit: www.FosterKentKids.care

Foster Parent Trainings

Online Resources for COVID-19:

- <https://store.starr.org/Course/index?tags=Online%20Courses%7CTrauma-Informed%20Resilient%20Schools> (free online right now with the code: TRAUMAINFORMED)
- <https://vimeo.com/showcase/6877679> <https://vimeo.com/showcase/6879021>

Books:

- Practical Tools for Foster Parents by Lana Temple-Plotz and Michael Sterba
- The Middle Mom: How to Grow Your Heart by Giving It Away...A Foster Mom's Journey by Christie Erwin
- Castaway Kid by R.B. Mitchell
- Small Town, Big Miracle: How Love came to the Least of These by Bishop W.C. Martin
- Another Place at the Table by Kathy Harrison
- Peter's Lullaby: A Song Without Words That Held a Little Girl's Life Together by Jeanne Fowler
- Rebuilding Children's Lives: A Blueprint for Treatment Foster Parents by Christena B. Baker and Ron Herron
- The Supportive Foster Parent: "Be There for Me" by Dr. Kalyani Gopal
- Positive Discipline for Children with Special Needs: Raising and Teaching all Children to Become Resilient, Responsible and Respectful by Jane Nelsen, Steven Foster, and Arlene Raphael
- Trying Differently Rather Than Harder: Fetal Alcohol Spectrum Disorders by Diane Malbin, MSW
- No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior by Jed Baker PH.D.
- Ten Things Every Child with Autism Wishes You Knew by Ellen Notbohm



- 1001 Great Ideas for Teaching and Raising Children with Autism or Asperger's, Revised and Expanded 2nd Edition by Ellen Notbohm & Veronica Zysk
- Handle With Care: Helping Children Prenatally Exposed to Drugs and Alcohol by Sylvia Fernandez Villarreal, Lora-Ellen McKinney , Marcia Quackenbush
- Adopted – the Sacrament of Belonging in a Fractured World by Kelley Nikondeha
- Transforming the Difficult Child: The Nurtured Heart Approach by Howard Glasser and Jennifer Easley
- Parenting with Love and Logic by Foster Cline and Jim Fay
- Trauma Through the Eyes of a Child: Awakening the Ordinary Miracle of Healing by Peter Levine
- All You Can Ever Know: A Memoir by Nicole Chung

In-Class Training Providers:

- <https://socialwork.msu.edu/ceu/catalog.php>

Podcasts:

- <https://resources.cafo.org/series/foster-movement/>
- <http://tapestryministry.org/podcast/>
- <https://www.thetraumatheapistproject.com/podcasts/>
- <https://confessionsofanadoptiveparent.com/category/podcast/>

First Aid/CPR:

- <http://www.firstaidforfree.com> This source is free and is good for a two year period. Additional certification contains a fee.
- <http://www.onlinecprcertification.net/firstaidcourse.php> This source costs \$14.99 for the training and two year certification.
- <https://www.firstaidweb.com/> This source costs \$19.99 for the training and two year certification.
- <https://www.americanbls.com/> This source costs \$18.95 for the training and two year certification.

Online:

- <https://www.fosterclub.com/foster-parent-training/course/wounded-spirit-grief-and-loss-foster-care>
- <https://www.fosterclub.com/foster-parent-training/course/court-session-understanding-child-welfare-legal-systems>
- <https://www.youtube.com/watch?v=iCvmsMzIF7o> The Power of Vulnerability – Brene Brown
- <https://www.youtube.com/watch?v=m9Pg4K1ZKws> The Effect of Trauma on the Brain, and How it Affects Behaviors – John Rigg
- <https://www.youtube.com/watch?v=95ovIJ3dsNk&t=40s> How Childhood Trauma Affects Health Across a Lifetime – Nadene Burke Harris



- <https://www.youtube.com/watch?v=JiwZQNYIGQI> Failing at Normal: An ADHD Success Story – Jessica McCabe
- https://www.youtube.com/watch?v=uU6o2_UFSEY ADHD As a Difference in Cognition, Not a Disorder – Stephen Tonti
- <https://www.youtube.com/watch?v=NRO0-JXuFMY> When Mental Illness Enters the Family – Dr Lloyd Sederer
- <https://www.youtube.com/watch?v=EkL6Qx07aiU> Time to Talk: A Parent’s Perspective on Children’s Mental Illness – Liza Long
- <https://www.youtube.com/watch?v=QzPbY9ufnQY> How Do You Define Yourself? – Lizzie Velasquez

Misc.:

- <https://www.azcourts.gov/casa/Training/Training-Courses/Substance-Exposure>
- <https://www.fosteringforwardmi.org/special-investigations.html>
- <https://fostercareacademy.thinkific.com/>
- <https://foster2forever.com/2013/03/online-foster-care-training.html>
- https://www.youtube.com/playlist?list=PLvA_zo7AVScraLbwSxCzGLCpsp9-n4oaN

Diversity, Equity, and Inclusion

Cross racial parenting

Resources surrounding history and systemic racism that are important to understand when raising African American children.

Books for Adults about Racism:

- How to Be an Antiracist by Ibram X. Kendi
- White Fragility by Robin Diangelo, Michael Eric Dyson
- Just us: An American conversation by Claudia Rankine
- The Color of Law by Richard Rothstein
- Why Are All the Black Kids Sitting Together in the Cafeteria? By Beverly Daniel Tatum, PhD
- So You Want to Talk About Race by Ijeoma Oluo
- The New Jim Crow by Michelle Alexander
- This Book is Anti-Racist by Tiffany Jewell and Aurelia Durand
- 10th Anniversary Edition What IF: Short Stories to Spark Inclusion & Diversity Dialogue by Steve L Robbins, PhD

Books for Children/Teens about Race, Racism, Inclusion:

- Not My Idea: A Book about Whiteness by Anastasia Higginbotham
- A is for Activist by Innosanto Nagara



- The Skin I'm in: A first Look at Racism by Pat Thomas, Lesley Harker
- Let's Talk About Race by Julius Lester, Karen Barbour
- The Colors of Us by Karen Katz
- Brick by Brick by Guiliano Ferri
- All the Colors We Are/Todos Los Colores De Nuestra Piel: The Story of How We Get Our Skin Color/La Historia de Por Que Tenemos Diferentes Colores de P by Katie Kissinger
- The Skin You Live In by Michael Tyler and David Lee Csicsko
- Helping Teens Stop Violence, Build Community, and Stand for Justice by Allan Creighton
- White Kids: Growing Up with Privilege in a Racially Divided America (TEEN***)
- Something Happened in Our Town: A Child's Story about Racial Injustice by Marianne Celano, Marietta Collins, and Ann Hazzard
- Layla's Head Scarf by Miriam Cohen
- It's Not All Black & White: Multiracial Youth Speak Out by St. Stephen's Community House (TEEN ***)
- Making It Right: Building Peace, Settling Conflict by Marilee Peters
- The Hate You Give by Angie Thomas
- The Wedding Portrait by Innosanto Nagara
- Can I Touch Your Hair?: Poems of Race, Mistakes, and Friendship by Irene Latham, Charles Waters, and Sean Qualls
- The World Needs More Purple People by Kristen Bell and Benjamin Hart
- Hair Love by Matthew A Cherry and Vashti Harrison

Books for Adults on Parenting Cross-Racially/Culturally:

- Raising Multiracial Children: Tools for Nurturing Identity in a Racialized World by Farzana Nayani
- Raising Whit Kids: Bringing Up Children in a Racially Unjust America by Jennifer Harvey
- The Warrior Method, Updated Edition: A Parents' Guide to Rearing Healthy Black Boys by Raymond A Winbush
- I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World by Marguerite A. Wright
- Does Anybody Else Look Like Me?: A Parent's Guide to Raising Multiracial Children by Donna Jackson Nakazawa
- The Book You Wish Your Parents Had Read (and Your Children Will be Glad That You Did) by Philippa Perry
- White Fragility by Robin DiAngelo
- A Piece of Cake by Cupcake Brown
- How to be Antiracist by Ibram X. Kendi
- The New Jim Crow by Michelle Alexander



- I know Why the Caged Bird Sings by Maya Angelou
- The Hate U Give by Angie Thomas

Films for Anti-Racism Education:

- 13th
- I Am Not Your Negro
- Whose Streets?
- LA 92
- Teach Us All
- Black America Since MLK: And Still I Rise
- American Son (Netflix)
- Dear White People (Netflix)
- When They See Us (Netflix)
- They Hate You Give (Cinemax)
- King in the Wilderness (HBO)
- If Beale St. Could Talk (Hulu)
- Just Mercy (Amazon Prime)

Podcasts for Anti-Racism Education/Resources:

- 1619 from The New York Times
- Intersectionality Matters! From The African American Policy Forum
- Throughline from NPR
- About Race (Podcast)
- Code Switch (NPR)
- Momentum: A Race Forward (Podcast)
- Pod Save The People (Crooked Media)
- Seeing White (Podcast)
- The Anti-Racist Educator (Podcast)
- Facing Ourselves (Podcast)

Educational Resources from Black Lives Matter:

- <https://blacklivesmatters.carrd.co/#educate>



Items needed for placements:

Are you considering becoming a foster parent? These are items to consider for your first (or tenth) placement!

Age 0-2

- Diapers, diaper cream, baby wipes
- Formula, bottles
- Clothes, sleep sacks for infants, shoes, socks, burp rags, pacifier
- Child plates and silverware
- Age appropriate toys (blocks, balls, books, teething toys)
- Baby lotion, shampoo, toothbrush
- Outlet covers, baby gate, child safety locks
- Crib, sheets, blankets
- Car seat
- Hair products (depending on ethnicity)
- Soft foods (cooked vegetables, fruits, oatmeal, baby cereal, pouches, puffs) *ask caseworker about food allergies*

Age 3-5

- Clothes, shoes, underwear, socks
- Hair products (depending on ethnicity), brush, hair ties, lice shampoo, shampoo
- toothbrush, toothpaste
- Diapers/pull-ups, baby wipes
- Child plates and silverware, cups
- Bed, bedding, blankets, pillows
- Age-appropriate toys (coloring books, building blocks, balls, playdough)
- Outlet covers, baby gate, child safety locks
- Backpack (depending on preschool requirements)
- Car seat
- Soft/normal foods (cooked vegetables, fruits, oatmeal, chicken, beef) *Be aware of potential food allergies*

Age 6-8

- Clothes, shoes, underwear, socks
- Hair products (depending on ethnicity) brush, hair ties, lice shampoo, shampoo, conditioner
- toothbrush, toothpaste
- Bed, bedding, blankets, pillows
- Age-appropriate toys (books, coloring books, word/spelling flash cards)
- Backpack, school supplies (notebooks, pencils, crayons, glue, scissors etc.)
- Car seat



- Normal foods (cereal, fruits, vegetables, protein- beef, chicken, pork, healthy snacks) *Be aware of potential food allergies*

Ages 9-11

- Booster seat (depending on the size of child)
- Clothes, shoes, underwear, socks
- Hair products (depending on ethnicity) brush, hair ties, lice shampoo, shampoo, conditioner, deodorant, pads/tampons
- Toothbrush, toothpaste
- Bed, bedding, blankets
- Age appropriate toys (books, soccer ball, slime, sidewalk chalk, art/craft supplies, board games)
- Backpack, school supplies (notebooks, pencils, crayons, glue, scissors etc.)
- Normal foods (cereal, fruits, vegetables, protein- beef, chicken, pork, healthy snacks) *Be aware of potential food allergies*

Ages 12-14

- Clothes, shoes, underwear, socks
- Hair products (depending on ethnicity) brush, hair ties, lice shampoo, shampoo, conditioner
- Razor, shaving cream/soap, toothbrush, toothpaste, deodorant, pads/tampons
- Bed, bedding, blankets, pillows
- Age appropriate activities (basketball, books, art supplies, sidewalk chalk, jump rope, board games)
- Backpack, school supplies (notebooks, pencils, crayons, glue, scissors etc.)
- Normal foods (cereal, fruits, vegetables, protein- beef, chicken, pork, healthy snacks) *Be aware of potential food allergies*

Age 15-18

- Clothes, shoes, underwear, socks
- Hair products (depending on ethnicity) brush, hair ties, lice shampoo, shampoo, conditioner
- Razor, shaving cream/soap, toothbrush, toothpaste, deodorant, tampons/pads
- Bed, bedding, blankets, pillows
- Age appropriate activities (bike, soccer ball, basketball, art supplies, books, board games)
- Backpack, school supplies (notebooks, pencils, crayons, glue, scissors etc.)
- Normal foods (cereal, fruits, vegetables, protein- beef, chicken, pork, healthy snacks) *Be aware of potential food allergies*

Helpful Phone Numbers:

- After Hours Foster Care Emergency Number: (616) 204-0504
- Emergency: 911
- Poison Control Center: (800) 222-1222
- Samaritas Office: (616) 356-1934
- Closet of Hope: (616) 613-6770



Kent County Resources for New Foster Parents

Congratulations on becoming (a) licensed foster parent(s)! Thank you for making the decision to change the life of a child! This will be both the hardest and most rewarding journey you have ever been on! This resource list was put together by licensed foster parents and includes a lot of the resources they wish they knew about when starting this journey. Best of luck to you!

Some things you should advocate for with each placement

- Request a referral for a trauma assessment from your caseworker to help understand the impact of trauma on the children in your care and to know what other services to advocate for.
- If appropriate, set up a meeting with the bio-parents and start to build that relationship. Ask questions about their kids, send regular notes and pictures to help them get a glimpse of how and what their children are doing.
- Make sure that the daily rate of care (DOC) that you are receiving for the children in your care fits the level of need. You can advocate for an increased rate or even Enhanced Foster Care or SED waiver depending on the level of need.
- Advocate for your children to get into therapy and make sure that it's a good therapist who understands and works with trauma. Referrals are made by caseworkers. Communicate with workers for alternatives if the therapist is not a good match for the child.
- Get yourself a therapist too. Seriously. It's so helpful to have a space to process your own secondary trauma.
- Find a reliable, safe, and regular source for respite. At least every other month. If you don't have friends or family to fit this need you can ask your agency to help connect you with another foster family.
- If you do not hear back from your case worker about a request or a need, follow up with them. Workers are sometimes stretched thin. It is important that when you are in doubt about whether or not they are completing something for you follow up with them. You are a child's most important advocate, never feel like you are communicating too much! Reach out to their supervisor if repeated attempts to get in touch with the worker aren't going well/things aren't being followed up on. Supervisors need to know if workers are struggling or becoming too overwhelmed to return calls/follow up on things.
- Ask your agency to assist you in finding someone who specializes in African American Hair Care such as African American hair stylists or barbers. Making sure your foster child is using appropriate skin and hair care can help bridge the gap between bio parents and foster parents, the child may already have a professional that they feel most comfortable with.

Training/Inspiration Resources

Michigan State University Online Child Welfare Courses

- Large offering of online courses related to trauma, foster care, etc.
- <https://socialwork.msu.edu/CE/Online-Child-Welfare-Courses>



NCTSN Podcast

- https://www.nctsn.org/resources/all-nctsn-resources?search=&resource_type=90&trauma_type=All&language=All&audience=All&other=All

Online Resources Parent Curriculum through Apple podcasts



Online Courses: <https://learn.nctsn.org/>

TED Talks about foster care: <https://www.ted.com/search?cat=videos&q=foster+care>

- “How childhood trauma affects health across a lifetime”
- “The psychology of post-traumatic stress disorder”
- “To transform child welfare, take race out of the equation”
- “A Child of the State”
- Blog about a foster child's story: <https://blog.ted.com/growing-up-a-child-of-the-state-lemn-sissay-tells-much-more-of-his-story/>

TBRI- Trust Based Relational intervention

- by Karyn Purvis from the Institute of Child Development <https://child.tcu.edu/professionals/tbri-training/#sthash.9QdUz3dl.dpbs>

Raising Other People's Kids podcast: <https://www.charlesbrown.org/podcast>

The Dark Matter of Love: <https://www.dailymotion.com/video/x191s88>

(Un) Wanted: <https://www.youtube.com/watch?v=RV9xZW3ghP4>

Instant Family (movie)

Removed

- Part 1: <https://www.youtube.com/watch?v=IOeQUwdAjE0>
- Part 2 (Remember My Story): <https://www.youtube.com/watch?v=I1fGmEa6WnY>
- #3 (Love Is Never Wasted): <https://www.youtube.com/watch?v=fegRiSgRYXk>



The Foster Care System: What Parents Wish We Knew (Good for new foster parents)
<https://www.npr.org/2013/03/21/174958972/the-foster-care-system-what-parents-wish-we-knew>

These are books/resources that foster parents have found helpful for their own growth and development in supporting children's healing:

- "Easy to Love", "Difficult to Discipline", "The Connected Child" all by Karyn Purvis, very focused on building safety and trust. Also check out <http://empoweredtoconnect.org>
- "The Great Behavior Breakdown" by Bryan Post, formerly a child in foster care, now an foster/adoptive dad, really gets at the underlying reasons behind behaviors. Also check out www.postinstitute.com
- Celebrate Calm by Kirk Martin, very action oriented ideas of how to help 'hyperactive' or 'oppositional' kids at www.celebratecalm.com
- "To Have Hope" by Stacy Manning. Also available are online support groups and coaching for foster/adoptive parents. Check out www.tohavehope.com
- "Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children" by Daniel Hughes attachment focused treatment at www.danielhughes.org
- "The Explosive Child" by Ross W Greene, focuses on collaborative problem solving approaches for children with reactive/explosive temperaments. Check out www.livesinthebalance.org
- Trying differently rather than harder by Diane Malbin, for parenting children with FAS. Check out www.fascets.org
- "Brainstorm" and anything by Daniel Siegel, really helps in understanding the science behind trauma
- "The boy who was raised as a dog" and anything else by Bruce Perry, expert on trauma in children. Check out www.childtrauma.org
- "Beyond Consequences" by Heather Forbes, focused on parent interventions to build trust and safety. Also check out www.beyondconsequences.com
- "Nurtured Heart Approach" by Howard Glasser-focuses on igniting greatness in the child and on what's going on right at the moment. Also implemented by Annie Lange <http://childrensuccessfoundation.com>
- "Wounded Children, healing homes: How traumatized children impact adoptive and foster families" by Jayne Schooler
- "Trauma Stewardship" by Laura VanderNoot Lipsky - Book on how caring for traumatized people can impact us as caregivers, and how we can address this impact.
- "Foster Parent Survival Guide" by John Degarmo- Leader at the National Foster Care Institute who has fostered for over 15 years and other books.
https://www.drjohndegarmofostercare.com/store/p87/The_Foster_Care_Survival_Guide%3A_The_Essential_Guide_for_Todays_Foster_Parents.html

General resources for all ages

Closet of Hope



Provides clothing, coats, backpacks, toys, diapers, formula, meals, etc. to foster and adoptive families. Open Mondays 11am-2pm and Wednesdays 6-8pm, also by appointment for special needs.

Before you go, you need to complete an intake form (on their website) that proves you are a foster parent and you will need to bring your ID with you along with a copy of the foster childrens' medical cards.

www.familiesofpromise.org/closet-of-hope

616-613-6770 or FOPClosetofHope@gmail.com

Located at Kentwood Community Church: 2950 Clyde Park Ave SW Wyoming MI

Court Appointed Special Advocates of Kent County (CASA)- Case worker completes referral.

You can request a volunteer who will investigate, facilitate, advocate and monitor services for children in foster care. CASA volunteers present first-hand information and observations in court to help judges make the very best decisions about children's futures.

<https://www.casakentco.org/>

West Michigan Partnership for Children

Facilitates and oversees foster care services for all foster care agencies in Kent County. Can be a useful source to try to advocate for special resources, funding, or considerations if you still need assistance after contacting your worker, and worker's supervisor.

<https://www.wmpc.care/>

Post Adoption Resource Center- For post adoption support and needs.

<https://www.postadoptionrc.org/?fbclid=IwAR0w4KiwY9DIhUZt75vTBD0WODza5Rrc5HYb04XIEiC3BSPwKDJ6E4JI20>

Museums for All

Many museums throughout the US have free or discounted admission for any families that have a WIC or EBT card.

In West Michigan that includes Impression 5, Grand Rapids Children's Museum, UICA, and the Air Zoo. In Chicago it includes Shedd Aquarium, Museum of Science and Industry, Field Museum, Art Institute, Alder Planetarium, etc.

Check out the full list of participating museums here: <https://museums4all.org/>



Grand Rapids Public Library 'Check It Out' Program

Provides free passes to local museums, zoos, and botanical gardens, as well as free tickets to performing arts and sports events. Must have a GRPL card and 'check out' the passes or tickets at a local GRPL branch.

<https://www.grpl.org/about/using-the-library/checkitout/>

John Ball Zoo- Provides free admission with your wic/EBT card. <https://www.jbzoo.org/>

Car seat safety program- helps with car seats (including getting them at a greatly reduced price) with your kids medical card.

<https://www.spectrumhealth.org/patient-care/childrens-health/injury-prevention-program>

Full Bloom Children's Yoga and Mindfulness- Small business for trauma based family yoga therapy.

<https://www.facebook.com/Full-Bloom-Childrens-Yoga-and-Mindfulness-108086577579481/>

Foster parent mileage reimbursement- Foster parents are eligible for mileage reimbursement for driving to parenting time visitations as well as educational traveling reimbursements.

Grand Rapids Kids- Website for children's activities in Grand Rapids. <https://grkids.com/>

FIG Funds- The Family Incentive Grant (FIG) is funding allocated by the legislature to support initial licensure of a foster home (recruitment) or licensure renewal for an existing foster family home (retention). Eligibility is limited to foster parents licensed by Division of Child Welfare Licensing (DCWL) and prospective foster parents enrolled by DCWL. Appropriate expenditures include home improvement purchases or services required to meet DCWL licensing standards, and physical exams required for foster family applicants. Your licensing worker can apply for this grant.

Post Adoption Resource Center serves youth twenty-one years of age and younger, and their families, who were:

- Adopted from Michigan's foster care system OR
- Adopted in Michigan through an international adoption OR
- Direct consent/direct placement adoption OR
- Placed in a guardianship through Michigan's foster care system that are eligible for guardianship assistance through the DHHS adoption subsidy office



- Youth and families must require supportive services to ensure their on-going stability as a family unit. The child's adoption must be finalized.

<https://www.parc-judson.org/Resources/Resource-Guide>

Kent County Support Groups

Most agencies host their own support groups as well, check with your licensing worker for agency specific information

Adoptive Family Support Network – TENTATIVE/ May have lost funding

Great community of other foster and adoptive families. It is a closed group so you request to join and then are admitted.

<https://www.facebook.com/AdoptiveFamilySupportNetwork>

Kinship Care

1st teen Monday (for example, if there was a Monday Oct. 12 or Mon. Oct.19, the meeting would be on the 19th. 12 is not a teen) of the month 6-8pm

Location: St. Andrews Episcopal 1025 Three Mile Rd. N.E. Grand Rapids, MI. 49505

Contact: Sharon Briggs, Facilitator at 616-954-1991x7716 or sharonbriggs@cherryhealth.org

West Michigan FASD Parent and Self-Advocates Group

Meets the 3rd Wednesday of each month from 7:00-8:30pm *Group does not meet in December.

Westminster Presbyterian Church, 47 Jefferson Ave. Grand Rapids

Contact: Sandy Kezenius 616-648-9259 sandnkez@hotmail.com or Corry Tait (616)648-9259 taitville@comcast.net or Barbara Wybrecht (616)485-8665 or bmwybrecht@gmail.com for more information.

Virtual Support Groups-

Many agencies have a foster parent support group page specific to the agency. Contact your agency about how to access the private support group page.



Michigan Children- Foster Parent, kinship, adoption, and guardianship group.

<https://www.facebook.com/groups/mifosteradopt/>

Kent County Foster Parents Facebook Group for resource sharing

<https://www.facebook.com/groups/2070881946574462/>

Fostering Forward Michigan Support group- This is a group for Foster Parents and Caregivers only. This group helps with support and advocacy for foster parents and children.

<https://www.facebook.com/groups/fosteringforwardmi/>

Foster Parent Help and Support Group- Admin is author and foster parent John Degarmo of the National Foster Care Institute. <https://www.facebook.com/groups/1745249688839193/>

Pages:

Foster Forward Michigan for foster parent advocacy and information.

<https://www.facebook.com/fosteringforwardmichigan/>

Follow **Stephanie Grant PHD** for posts about trauma informed care

<https://www.facebook.com/stephaniegrantphd/>

Follow **Foster Kent Kids** Facebook Page or Instagram for more information about recruitment and retention events for foster parents.

https://www.facebook.com/Foster-Kent-Kids-102255277933028/?_tn=%2Cd%2CP-R&eid=ARCwzHfHAAYko4HNNHxam7cfNuD_8B4-ixT8vkW4N9ocfF9iFs6Kkqv2WoDJEtgyUxCBvqz7hmf_zaurC

Robyn Gobbel- Robyn Gobbel, LCSW, LMSW, RPT-S is a therapist turned educator, writer, and speaker who recently relocated to beautiful Grand Rapids, MI. <https://www.facebook.com/gobbelcounseling/>

John Degarmo-TEDx Talk speaker, Foster Care and Parenting Expert, Author, Speaker, Doctor of Education, Foster Parent. <https://www.facebook.com/DrJohnDeGarmo/>

Josh Schipp-“When it comes to understanding the minds of teens, Josh Shipp is truly The Teen Whisperer.”— ELLEN RAKIETEN , EXECUTIVE PRODUCER OF OPRAH

<https://www.facebook.com/imjoshshipp/>

Mental Health Resources

* Make sure you are contacting your foster care case worker with any mental health concerns, suggestions, or referral needs*

Kent Children’s Mobile Crisis Line- If you call this resource also make sure to call your agencies on call number to report concerns.



24 hr crisis response team for children experiencing an emotional or mental health crisis (do not always serve children in foster care if other services are involved).

616-333-1000

Network 180

Community mental health for Kent County, they are the gatekeepers for most mental or behavioral health support services for those with Medicaid.

790 Fuller Ave NE, Grand Rapids MI 49503

616-336-3909 or 1-800-749-7720

<https://www.network180.org/>

Local agencies and therapists who specialize in foster care/adoption/trauma.

- www.familiesforevercounseling.com
- <https://www.kohleycounseling.com/>
- <http://debh.org/>
- <https://www.healthforlifegr.com/trauma-informed-counseling-center/>

ACMH Parent Support Partner Services

ACMH provides Parent Support Partner Services (PSP) delivered by parents of children who experience emotional, behavioral, or mental health challenges.

Enhanced Foster Care (EFC) -designed to provide an intensive community-based approach by stabilizing current youth in foster care, diverting youth from being placed out of the community, and deliberately returning youth from residential care back to the community. Contact Foster Care Case Specialist to see if your foster child qualifies for extra support.

Resources for birth to preschool

Safe sleep:

Free safe sleep brochures:

- https://www.michigan.gov/documents/dhs/DHS_Infant_Safe_Sleep_Brochure_221150_7.pdf



- https://www.michigan.gov/documents/dhs/DHS_Infant_Safe_Sleep_Poster-Spanish3_199267_7.pdf
- https://www.michigan.gov/mdhhs/0,5885,7-339-71548_57836_69566---,00.html

Strong Beginnings: Strong Beginnings is a federal Healthy Start program created in 2004 to improve the health and well-being of African American and Latinx women, men, and their babies, from pregnancy through early childhood. Strong Beginnings seeks to promote racial equity and eliminate disparities in birth outcomes between whites and people of color in Kent County.

<https://www.strongbeginningskent.org/What-We-Do/Community-Activities>

WIC program

As a foster parent, you are eligible for WIC if you have any children in your home under the age of five.

WIC consists of nutrition benefits that are loaded onto a card you can use to purchase formula, fruits and veggies, cereal, cheese, milk, bread, pasta, yogurt, etc. Through WIC you also have access to nurses and dietitians who will monitor your children's health and development.

Call the scheduling number (616-632-7200) and you can be scheduled at any of the following locations:

- Main: 700 Fuller Ave NE
- South: 4700 Kalamazoo Ave SE
- North: 4388 14 Mile Rd NE
- Sheldon: 121 Franklin St SE

Child Care Assistance through DHHS

As a foster parent, as long as all adults in the home are working or in under-grad school, you qualify to get all or part of the cost of childcare for foster children in your home to be paid by the state through Child Development and Care subsidy (CDC) through DHHS regardless of your income. Some pro tips in applying: only fill out the required information, do not include your income as it does not matter as a foster parent, you will need to get proof of need (such as a letter from your employer with the amount of hours worked per week).

To apply create an account here: <https://newmibridges.michigan.gov/>

Child Care locator for Kent County

Helpful website to search for daycare centers or in-home daycare. You can search by type, location, age, hours, etc.



Pro tip: after the initial search you can also filter by which locations accept the Child Development and Care subsidy by checking the CDC box under funding sources.

To search go to: <https://www.greatstarttoquality.org/finding-child-care-preschool>

Head Start for Kent County

Children in foster care are given priority in their admission criteria. M-Th school week, half or full day available at most sites. Available for ages 3-5 years, various locations in Kent County.

To apply go to: <https://www.hs4kc.org/>

Early Learning Neighborhood Collaborative- Ask for Foster Care referral form

Another option for childcare and preschool. ELNC has various community sites throughout the Grand Rapids area and children in foster care are given priority in admissions.

For birth to age three: <https://www.elncgr.org/ehs/>

For three to five: <https://www.elncgr.org/preschool-programs/>

Infant Mental Health Program – Referral typically made by caseworker

Home-based supportive counseling for children 0-5 as well as their families. Experienced working with children in foster care, many therapists will work with the foster parents as well as bio parents.

Arbor Circle (their program is called Infant and Toddler Developmental Services): 616-456-6571 or earlychildhood@arborcircle.org

DA Blodgett St. Johns (their program is called Early Childhood Attachment): 616-774-3801 or <https://dabsj.org/what-we-do/counseling/early-childhood-attachement>

Early On- Foster Parents should be referred by Foster Care Specialist

Provides early intervention services for developmental delays, can include speech, PT, OT, etc. <https://www.1800earlyon.org/>

Bright Beginnings

Bright Beginnings offers free programming that serves families in Kent County with children prenatal to kindergarten entry. We also offer home visits and playgroups in Spanish.

- Personal Home Visits



- Playgroups and Parent Meetings
- Developmental Screenings
- Resource Network

To apply/learn more: <https://www.kentisd.org/early-childhood/bright-beginnings/>

Help Me Grow-Kent County

Help Me Grow connects families with children ages birth through age five to local resources helping children grow up healthy and ready to succeed in school.

- Ages & Stages Questionnaire
 - Developmental & Social-Emotional Screening.
- Developmental Milestones
 - Check out our interactive developmental milestones.
- Parent Connection
 - Connect with other parents to help improve your children's lives.
- Playgroups
 - Find resources for play and learn groups for ages ranging 0-5 depending on the needs of your family.
- Good Health
 - Help your child grow up healthier, smarter, and stronger.
- Quality Childcare
 - Find quality childcare for your child.

To apply/learn more: <https://www.successtartsearly.org/help-me-grow/>

Great Start Readiness Program

The Great Start Readiness Program (GSRP) is a state-funded free preschool program for qualifying four-year-old children.

- Our teachers utilize a research-based curriculum that aligns with Michigan's Early Childhood Standards for Quality for Prekindergarten (ECSQ-PK).
- Our classrooms have consistent daily routines that include group activities as well as daily free choice time and outdoor play.
- There are two teachers per classroom, keeping a 1:8 ratio of adults to children.
- GSRP Teachers are highly-qualified and have degrees within the field of early childhood education.
- Children's progress is measured and reported in the areas of social-emotional, physical, language, and cognitive development. Progress in content learning areas of literacy, math, science, social studies, art, and English speaking skills are also measured and reported.
- We partner with families to create the best preschool experience possible for children.
- Kent ISD GSRP students attend school Monday through Thursday for either a full or half day, depending on the location.
- Free meals are provided daily for students.



- Some of our sites provide transportation and/or before and after school care. To apply: <https://www.kentisd.org/early-childhood/great-start-readiness-preschool/>

Resources for elementary/school age

Child Care Assistance through DHHS

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Michigan Alliance for Families

Provides information, support, advocacy, and education for families who have children (birth to 26) who receive or may be eligible to receive special education services.

<https://www.michiganallianceforfamilies.org/>

Kent School Services Network (KSSN)- Referral typically made by caseworker

Provides access to resources, family support services, and counseling for students at KSSN-participating schools (elementary, middle, and high schools).

<https://www.kentssn.org/>



Boys and Girls Club- 5 dollars membership for a year to join. The Boys and Girls club has after school activities, tutoring, art, and a meal for children. Two locations in GR serving children in Grand Rapids in Zip 49503 and 49507. <https://bgcgrandrapids.org/>

Resources for Adolescents

Grand Rapids Center for Community Transformation - Referral typically made by caseworker

Provides a variety of services to youth who are in foster care and those who have aged out of care, including: employment, vocational training, GED, case management, life skills classes, and mentoring.

<https://www.grcct.com/>

Kent School Services Network (KSSN) - Referral typically made by caseworker

Provides access to resources, family support services, and counseling for students at KSSN-participating schools (elementary, middle, and high schools).

<https://www.kentssn.org/>

Michigan Youth Opportunity Initiative (MYOI) - Referral typically made by caseworker

Brings together community members, public and private agencies, and resources that are critical to enhancing the success of young adults who are transitioning or have transitioned from the foster care system.

Krystle Williams 616-204-0384 or WilliamsK35@michigan.gov

Health Transitions Program-Request referral through Network 180

Lifeskills program and has peer mentors matched with the youth.

Foster Youth Summer Employment Program- Referral typically made by caseworker

Partnership between West Michigan Works, Steepletown Neighborhood Services and DHHS. This program partners with local businesses to help children transition to adulthood.

Steepletown Neighborhood Services:

https://connect.hwmuw.org/agency/detail/?agency_id=62490



- Services: Preschool for 2, 3, and 4 year-olds.
- GED Preparation for 17-24 year-old Workforce Innovation Opportunity Act eligible participants in Kent County.
- JobStart provides paid employment training for 18 - 24 year-old males of color who have circumstances that prevent them from getting and keeping a job.
- Kitchen Sage Culinary Leadership Academy provides ServSafe Manager Certification training for 18 - 24 year-olds.
- Community Access Site for the Michigan Department of Health and Human Services - MI Bridges.

Youth in Transition funds (YIT funds)- Applied for by foster care specialist- Transition funds for teen youth in foster care. Will fund things like drivers training, graduation expenses, job readiness expenses...

Resources for College:

<http://fosteringsuccessmichigan.com/library/explore-scholarships> - Michigan scholarship information for youth in foster care.

<https://depts.washington.edu/fostered/tuition-waivers-state> - Tuition Waivers by state.

<https://www.samaritas.org/Foster-Care/etv> -Education and training funds for youth in foster care open to youth through all agencies.

Van Andel Education Institute

Offers free/discounted science classes for adolescents. The Education Institute is dedicated to advancing and promoting science education and increasing the number of students who choose to pursue careers in science or science-related fields. Our programs build on the expertise of Van Andel Research Institute's world-renowned scientists and Van Andel Education Institute's expertise in curriculum and instruction. We hope to expand our student programs to support inquiry-based learning, and to ultimately have a national impact on science education.

To apply/learn more: <https://vaei.vai.org/student-programs/>

Staple Skin/Hair Products

(These are useful products to have on hand for placement.)

Cantu Shampoo:



Cantu Shea Butter for Natural Hair Hydrating Cream Conditioner, 13.5 Ounce:



Cantu Coil Calm Detangler, 8 Fluid Ounce:



Cantu Comeback Curl Next Day Curl Revitalizer, 12 Fluid Ounce:



Cantu Shea Butter Leave-In Conditioning Repair Cream, 16 Ounce:



Jergens Ultra Healing Extra Dry Skin Moisturizer, 32 Ounces:





Soft Club 100% Pure Boar Bristle Wave Hair Brush



Diane Rat Tail Comb Assorted, 9 Inch, 12 Count:



Goody Ouchless Women's Hair Braided Elastic Thick Tie, Black, 27 Count (Pack of 1), 4MM for Medium Hair:





Donna Premium Collection Kids Comfort Band Bonnet:

