

Assessment of Post-Adoption Resources in Cache, Box Elder, and Rich Counties 2007

INFORMATION AND RESOURCES

- Adoption Exchange has a toll free number and website for information and resources about post-adoption services throughout the state of Utah. The information gathered during the assessment of post-adoption resources for each region of Utah will be available on the Adoption Exchange website. They can be reached at 1-866-872-7212 or www.utdcfsadopt.org/.
- Adoption Connection Newsletter is sent to all DCFS adoptive families receiving subsidy. The newsletter is designed to have current Utah specific information regarding resources and adoption issues.
- Utah Cares at www.utahcares.utah.gov has many human service resources throughout Utah. To contact them by telephone call 211.

SUPPORT GROUPS

Cluster Groups

- An adoption cluster operates out of Ogden. The facilitator is Janette who can be reached at 801-546-9465.
- Three other cluster groups operate in Rich, Box Elder, and Cache Counties. Susan facilitates a cluster group in Cache County. Susan can be reached at 435-755-7821. Brittani facilitates the cluster group for Box Elder County. Brittani can be reached at 435-279-8576. Maryanne facilitates a structured cluster group. She can be reached at 801-298-5865. For a current list of cluster group facilitators and group activities call Tony Carroll at 801-392-1114 or www.utahfostercare.org.

Specialized Groups

- Child and Family Support Center offers a parenting class that is open to any parents. They have a parent support group and a home-based parent/family education program. They also have a Women's Victim Group. Contact Child and Family Support Center at 801-752-3880.
- Bear River Head Start in Logan has a Family Based Peer/Parent Education program. They can be reached at 801-753-0951.
- CHADD provides support and education for parents of youth who are diagnosed with Attention Deficit Disorder. There is a chapter operating in Cache County. Contact them at 801-752-0228
- Autism Society of Utah provides support and education for parents of children with autism. They have a chapter operating in Cache County. Autism Society can be contacted at 801-583-7049.

GAP: There is no specialized group support for parents with troubled teenagers.

Children's Support Groups

- Child and Family Support Center provides social skills groups for children 7 - 10 years old and anger management classes for children 11 - 13 years old. Contact Child and Family Support Center at 801-752-3880.
- Utah State University's Family and Youth department has a mentoring program in which a mentor can provide tutoring and cultural education.

GAP: There are no known regularly scheduled support groups for children who have been adopted.

Chat Rooms

- Adoption Exchange has links to nationally based chat rooms for adoptive parents at www.utdcfsadopt.org.

Culture Groups

- Hispanic cultural activities are available at the Whittier Hispanic Center in Logan. Hispanic cultural events are open to the public.
- African/American cultural celebration, Juneteenth, is celebrated in Logan. Families for African American Awareness meet several times a year. The contact person is Stacy Farmer at 801-299-0673.
- India support group is comprised of parents who have adopted children from India. They meet for potluck dinners or picnics several times a year. Contact Joan Auger at 801-547-0852.
- Korean Culture Camp has an organized camp once a year for children adopted from Korea. Families meet another time for a potluck dinner. Contact Gary or Beth Beutler at 801-280-6559.
- Russian Adoption Support meets quarterly for educational classes and family activities. Contact them at 801-222-8897.
- South American Culture Group meets twice a year for family activities. Contact Keith or Kathy Syndergaard at 801-756-5656.

RESPIRE CARE

1 - 4 Hour Scheduled Respite

- Family Support Center of Ogden has an in-home respite care program specifically designed for DCFS adoptive families throughout Northern Utah. They provide hourly respite care in the adoptive family's home for all the children in the family. The respite caregivers are mature and can deal with children with special needs. They received some training in adoption issues. The cost is \$5 per hour. To schedule care contact Jodi Nash or Tanya Brumett at 801-393-3113.
- Common activities such as scouts, sports, 4-H, and church activities can provide regular breaks for parents while their children are involved in the programs.
- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Rich, Box Elder, and Cache Counties.
- Cluster group members could exchange respite care for each other. Cluster group members are familiar to the family and live in the area. The care is provided by a cluster member who may have experience with children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)
- Many parents throughout the state use child care to give them regular respite from the demands of raising their children. The Bridgerland Region Child Care Resource and Referral program has a computerized database of all the licensed child care in Rich, Box Elder, and Cache Counties. There are child care providers who provide child care after school, on a drop-in basis, and provide summer programs. Logan Parks and Recreation's Summer Playground, Boys and Girls Club programs, and Utah State University College of Family Life Child Development Labs are some of the child care resources available to families through the Bridgerland Region Child Care Resource and Referral. Some of these programs accommodate children up to ages 12 or 13. A parent can arrange daily after school or summer programs or can arrange 1 - 4 days a week. Some providers have structured programs with low adult to child ratios and many have special training to help them with the difficult to manage children. Costs vary. Contact Bridgerland Region Child Care Resource and Referral program at 801-797-1552, or 1-800-670-1552, or www.usuchild.usu.edu.
- A list of many local groups, activities, summer camps, as well as child care resources may be obtained through the Bridgerland Region Child Care Resource and Referral service at 801-797-1552 or 1-800-670-1552, or www.usuchild.usu.edu.
- The Child and Family Support Centers in Box Elder and Cache Counties can provide scheduled respite care for children ranging in age from infants through 11 years old. They will try to accommodate the family's requests depending on available space and needs of the parents. As space allows, they can take all children in the family who are infants - 11 years old. The Child and Family Support Center in Logan can be reached at 801-752-8880 and the Family Support Center in Brigham City can be reached at 801-723-6010.
- Division of Services for People with Disabilities can provide respite care services for children who have a qualifying disability. There is usually a waiting list for this service. They can be reached at 801-538-4200.

Day Breaks

- Family Support Center of Ogden has an in-home respite care program specifically designed for DCFS adoptive families throughout Northern Utah. They provide hourly respite care in the adoptive family's home for all the children in the family. The respite caregivers are mature and can deal with children with special needs. They received some training in adoption issues. The cost is \$5 per hour. To schedule care contact Jodi Nash or Tanya Brumett at 801-393-3113.
- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Rich, Box Elder, and Cache Counties.
- Cluster group members could exchange respite care for each other. Cluster group members are familiar to the family and live in the area. The care is provided by a cluster member who may have experience with children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)
- Many parents throughout the state use child care to give them regular respite from the demands of raising their children. The Bridgerland Region Child Care Resource and Referral program has a computerized database of all the licensed child care in Rich, Box Elder, and Cache Counties. There are child care providers who provide child care on a drop-in basis, and provide summer programs. Logan Parks and Recreation's Summer Playground, Boys and Girls Club programs, and Utah State University College of Family Life Child Development Labs are some of the child care resources available to families through the Bridgerland Region Child Care Resource and Referral. Some of these programs accommodate children up to ages 12 or 13. A parent can arrange daily summer programs or can arrange 1 - 4 days a week. Some providers have structured programs with low adult to child ratios and many have special training to help them with the difficult to manage children. Costs vary. Contact the Bridgerland Region Child Care Resource and Referral service at 801-797-1552 or 1-800-670-1552, or www.usuchild.usu.edu.
- A list of many local groups, activities, summer camps, as well as child care resources may be obtained through the Bridgerland Region Child Care Resource and Referral service at 801-797-1552 or 1-800-670-1552, or www.usuchild.usu.edu.
- The Child and Family Support Centers in Box Elder and Cache Counties can provide scheduled respite care for children ranging in age from infants - 11 years old. They will try to accommodate the family's requests depending on available space and needs of the parents. As space allows, they can take all children in the family who are infants - 11 years old. The Child and Family Support Center in Logan can be reached at 801-752-8880, and the Family Support Center in Brigham City can be reached at 801-723-6010.
- Division of Services for People with Disabilities can provide respite care services for children who have a qualifying disability. There is usually a waiting list for this service. They can be reached at 801-538-4200.

Overnight Breaks - Weekend Breaks

- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Rich, Box Elder, and Cache Counties.
- Cluster group members could exchange respite care for each other. Cluster group members are familiar to the family and live in the area. The care is provided by a cluster member who may have experience with children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)
- The Child and Family Support Centers in Box Elder and Cache Counties can provide scheduled respite care for children ranging in age from infants - 11 years old. They will try to accommodate the family's requests depending on available space and needs of the parents. As space allows, they can take all children in the family who are infants - 11 years old. The Child and Family Support Center in Logan can be reached at 801-752-8880, and the Family Support Center in Brigham City can be reached at 801-723-6010.

GAP: There is no overnight respite care for youth 11 - 17 years old.

Parent - to - Parent

- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Rich, Box Elder, and Cache Counties.
- Cluster group members could exchange respite care for each other. Cluster group members are familiar to the family and live in the area. The care is provided by a cluster member who may have experience with children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)

Immediate Crisis Respite

- Family Support Centers were established to provide immediate crisis respite care for up to 72 hours for children ranging in age from infancy - 11 years old. The Logan Child and Family Support Center can be reached at 801-752-8880, or the Brigham City Family Support Center can be reached at 801-723-6010.
- Cache Valley Youth Center provides crisis intervention for ungovernable or runaway youth ages 10 - 18 years of age. The services will try to resolve the crisis, but can provide crisis respite for up to 24 hours when needed. Call 801-713-6260.

MENTAL HEALTH SERVICES

Counselors who Specialize in Adoption

- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, has many therapists who attended a 2-day AdoptCare workshop regarding mental health issues for adopted youth and their families. They also have a counselor, Tim Mitchell, who is experienced foster and adoption related issues. Bear River Mental Health can be contacted at 801-752-0750.

Note: Tim Mitchell would be willing to coordinate services with an adoptive parent peer-mentor for the Response Team Model in working with adoptive families.

Family Focused Treatment

- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, can provide whole family therapy. Bear River Mental Health can be contacted at 801-752-0750.
- DCFS Post-Adoption services provide whole family focused, intensive, short-term family therapy for families who are considering disrupting or dissolving their adoption. Contact Aubrey Myers at 801-629-5816.

Home-Based

- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, has a counselor, Tim Mitchell, who has on rare occasions done home-based therapy when needed. Bear River Mental Health can be contacted at 801-752-0750.
- DCFS Post-Adoption services provide whole family focused, intensive, short-term family therapy for families who are considering disrupting or dissolving their adoption. Contact Aubrey Myers at 801-629-5816.

Respond Within 24 Hours to Crisis

- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, has a 24-hour crisis number. If the family is involved with a Bear River Mental Health therapist, the crisis worker can try to reach a specific therapist if prior arrangements have been made. Bear River Mental Health can be contacted at 801-752-0750.

Family Preservation

- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, does not have a multi-weekly, intensive Family Preservation Model. They can, however, have the family and child involved in a couple of different mental health programs in their agency to try to stabilize the family.
- DCFS Family Preservation services are home-based and whole family focused; however, Family Preservation is an intensive, short-term model for families who are in danger of having a child return

to DCFS custody or are considering disrupting or dissolving their adoption. Contact Aubrey Myers at 801-629-5816.

Note: The DCFS Post-Adoption therapist, Aubrey Myers, would be open to working with an adoptive parent as an adoptive parent peer-mentor for a Response Team Model.

After School and School Treatment Programs

- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, has two after school programs. One is for children 6 - 12 years old. The other is for youth 13 - 17 years old. They meet for 1½ hours, 4 days per week. They provide social skills, anger management, and functional skills. They deal with oppositional behavior, depression, and anxiety. The parents are required to participate in a weekly evening group to discuss how to help their children. The family is also involved in regular family or individual therapy sessions.
- Bear River Mental Health has a respite care program for families involved in their treatment program. The family can arrange for 2 hours of respite care per week.
- Bear River Mental Health, the Medicaid provider in Cache, Box Elder, and Rich Counties, has two pre-school groups. One is a filial play therapy group, and the other is a group for pre-school children who are sexually reactive. The contact person is Linda Powell at Bear River Mental Health at 801-752-0750.

Residential Treatment

- Bear River Mental Health has no residential treatment programs paid through Medicaid. If a child is a threat to self or others they may be admitted to a local hospital or the psychiatric ward of McKay Dee Hospital until he or she is considered stabilized.
- There are many residential treatment programs for private payment. Many of the private residential treatment programs are for adolescents who have been involved with drugs or alcohol.
- Medicaid carve-out may apply to qualifying private residential treatment programs when deemed necessary for an adopted youth.