

Assessment of Post-Adoption Resources in Davis County 2007

INFORMATION AND RESOURCES

- Adoption Exchange has a toll free number and website for information and resources about post-adoption information and 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 adoptive cluster group is operating in Ogden. Contact Janette at 801-546-9465.
- Two cluster groups operate in Davis County. Patty facilitates a cluster group in North Davis County. She can be contacted at 801-544-7925. Paula facilitates a cluster group in South/Central Davis County. She can be contacted at 801-451-2870. For a current list of cluster group facilitators and group activities call Nikki MacKay at 801-994-5205 or www.utahfostercare.org.

Specialized Groups

- PERC (Parent Education Resource Center) has classes, books, videos, and other resources for parents. They can be contacted at 801-402-7309.
- Family Connection Center has a Marriage Enhancement and Relationship classes. They can be contacted at 801-773-0712.
- Davis Behavioral Health offers psycho/educational classes for the public. Three locations offer Love & Logic parent education classes. Project Davis is a class for families with children ages 5 - 12 years old. The class has two parts: one for the parents, and one for the children. Asset Level-One is a class for families with youth ages 12 - 17 years old. The class has two parts: one for the parents, and one for the youth. Anger groups are offered for children 6 - 11 years old and for youth 12 - 17 years old. The Children of Divorce class has two parts: one for the parents, and one for youth ages 5 - 17 years old. Choices is a group for children 5 -12 years old whose parent(s) is substance abusing. Contact Brandon Hatch at 801-776-6303.
- Love & Logic for parents who have teenage youth is offered at Archway Youth Center. Call 801-778-6500.
- CHADD has a chapter in Davis County for parents who have a child diagnosed with Attention Deficit Disorder. They can be reached at 801-295-5565 or <http://www.chaddonline.org>
- Autism Society has a chapter in Davis County for families with a person who has Autism.

Children's Support Groups

- Family Connection Center has self esteem groups for children called Friends Group. One group is for children 5 - 7 years old and the other is for children 8 - 11 years old. They can be contacted at 801-773-0712.
- A Center for Grieving Children has support groups for children that are or have been in foster care. They also have groups for children, teens, and adults that are grieving because of the loss of a loved one through death, divorce, or abandonment. For more information call the center at 801-476-1127.
- Youth Outreach Center in Farmington has classes for anger management and to enhance self-esteem. They are free of charge. Contact Youth Outreach Center at 801-447-0958.

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

- 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 Eunyong Christensen at 435-615-7665.
- 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.
- Families for Children From China has a number of activities available. Contact Karrie Miner at 801-484-4668.
- Taiwan Culture Group meets for different activities. Contact Laura Trinnaman at 801-772-0819.
- Guatemalian Culture Group has a summer picnic and other activities. Contact Judy Sorenson at 801-254-4011.
- Marshall Islands (RMI Adoption Support Group) has a summer picnic planned. Contact Jennifer Gunnell at 801-282-0737 and Mary Jarman at 801-501-0156 for more information.
- A cultural group entitled Cause Extend is now available. Contact Chris Ivins at 801-376-8951.

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. They also have a 'Date Night' respite care program at their agency on Thursday, Friday, or Saturday evenings for 3 - 4 hours. To schedule care contact Jodi Nash or Tanya Burnett 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.
- Mentor programs such as Big Brothers Big Sisters or Youth and Families with Promise link youth with mentors. Mentors can provide breaks for parents while their children are involved in activities with their mentors. Big Brothers Big Sisters is for single parents and they can be contacted at 801-627-8182. Youth and Families with Promise is operated through the school at-risk youth program. Contact Joanne Roche' at 801-451-3410.
- Getting older youth involved in volunteer efforts also can give parents breaks while the youth are developing their interest and learning valuable job skills. For a list of volunteer opportunities call Northern Region Child Care Resource and Referral at 801-626-7837 or 1-888-970-0101.
- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Davis County.
- Biological siblings' adoptive parents are used as respite caregivers by some adoptive parents.
- 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 use child care to give them regular respite from the demands of raising their children. The Northern Region Child Care Resource and Referral program has a computerized database of all the licensed child care in Weber, Morgan, and Davis Counties. There are child care providers who provide child care after school, on a drop-in basis, and provide summer programs. 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. Many elementary and junior high schools have after school programs. 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. Call the Northern Region Child Care Resource and Referral program at 801-626-7837 or 1-888-970-0101. They have a web-site at www.weber.edu/ccrr.

- A list of many local groups, activity guides, as well as child care resources may be obtained through the Northern Region Child Care Resource and Referral program at 801-626-7837 or 1-888-970-0101 or www.weber.edu/ccrr.
- Department of People with Disabilities (DSPD) has the C.O.S.H. program which gives respite breaks for children with disabilities. They can provide respite in a family's home or at a facility. Contact DSPD at 801-538-4200.
- Family Connections Center in Clearfield will schedule respite care for 2 - 3 hours at their facility for children who range in age from infancy - 11 years old. Respite care is available based on space at the time of the request. Call them at 801-773-0712.

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. They also have a 'Date Night' respite care program at their agency on Thursday, Friday, or Saturday evenings for 3 - 4 hours. To schedule care contact Jodi Nash or Tanya Burnett at 801-393-3113.
- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Davis County.
- Biological siblings' adoptive parents are used as respite care by some adoptive parents.
- 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.)
- Limited child care is available on Saturdays and parents may find child care available during school breaks. The Northern Region Child Care Resource and Referral program has a computerized database of all the licensed child care in Weber, Morgan, and Davis Counties. There are child care providers who provide child care on a drop-in basis, and provide summer programs. Some of these programs accommodate children up to ages 12 or 13. A parent may arrange for a daily summer program or may 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. Call the Northern Region Child Care Resource and Referral program at 801-626-7837 or 1-888-970-0101 or www.weber.edu/ccrr.
- A list of summer camps as well as child care resources may be obtained through the Northern Region Child Care Resource and Referral program at 801-626-7837 or 1-888-970-0101 or www.weber.edu/ccrr.

Overnight Breaks - Weekend Breaks

- Informal supports such as relatives, friends, or church members are used for respite care by many adoptive parents in Weber and Morgan Counties.
- Biological siblings' adoptive parents are used as respite care by some adoptive parents.
- 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.)
- Overnight Space Camp, Ogden Nature Center overnight camps can be found by calling the Northern Region Child Care Resource and Referral program at 801-626-7837 or 1-888-970-0101 or www.weber.edu/ccrr.

- United Cerebral Palsy Respite has weekend in-home respite care for a child who has Cerebral Palsy and for his or her siblings while the parents are provided with hotel accommodations for a weekend away. Contact United Cerebral Palsy at 801-266-1805 or 1-888-UCP-UTAH.

Parent - to - Parent

- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Davis County.
- Biological siblings' adoptive parents are used as respite care by some adoptive parents.
- 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 who range in age from infancy - 11 years old. The Family Connection Center in Clearfield can be reached at 801-773-0712.
- Archway Youth Center in Ogden can provide immediate crisis respite for up to 24 hours while the family works out a plan with the Archway staff. The services are for youth ages 12 - 17 years old. They can be reached at 801-778-6500.

MENTAL HEALTH SERVICES

Counselors who Specialize in Adoption

- Davis Behavioral Health, the Medicaid provider in Davis County, has therapists who are experienced in foster and adoption issues. They are open to training and educational opportunities for their therapists to become more specialized in adoption issues. They can be contacted at 801-546-1168.

Note: Davis Behavioral Health would be willing to coordinate services with an adoptive parent peer-mentor in working for a Response Team Model approach.

Family Focused Treatment

- Davis Behavioral Health, the Medicaid provider in Davis County, provides a whole family therapy focus. They can be contacted at 801-546-1168.
- Davis Behavioral Health conducts a psycho/educational groups for parents of youth experiencing emotional problems. Prevention classes are open to anyone wanting to attend. Contact Brandon at 801-773-7060. The therapy groups are options for families receiving services at DBH.
- DCFS Post-Adoption services are a whole family focused, intensive, short-term model for families who are considering disrupting or dissolving their adoption. Contact Aubrey Myers at 801-629-5816.

Home-Based

- Davis Behavioral Health, the Medicaid provider in Davis County, has conducted home-based therapy when needed. They can be contacted at 801-546-1168.
- Davis Behavioral Health also provides home-based counseling through their case management or treatment coordinators. They can be contacted at 801-546-1168.
- Archway Youth Center provides in-home counseling for the whole family to help resolve a problem with teenage youth in the family. They can be reached at 801-778-6500.
- DCFS Post-Adoption services are a home-based, whole family focused. They help 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.

Respond Within 24 Hours to Crisis

- Davis Behavioral Health, the Medicaid provider in Davis County, has a 24-hour crisis line for families and the crisis worker can try to reach a therapist if the family is involved with a Davis Behavioral Health therapist. They can be contacted at 801-546-1168.

- Archway Youth Center has a 24-hour crisis line for families who need immediate assistance with a teenage youth.

Family Preservation

- Davis Behavioral Health, the Medicaid provider in Davis County, has conducted home-based, multi-weekly therapy, similar to the Family Preservation Model, when needed. Contact Richard Nielson at 801-546-1168.
- DCFS has Family Preservation services. These services are conducted in the family's home. They are short-term, intensive services for families who are in danger of having a child return to DCFS custody or are considering disrupting or dissolving. Contact Aubrey Myers at 801-629-5816.

After School and School Treatment Programs

- Davis Behavioral Health in collaboration with the Davis School District is expanding school-based counseling in the elementary, junior high, and high schools. Contact Deborah Gold at 801-546-1168 for information.
- Davis Behavioral Health has Skills Development Specialists which are similar to the Big Brother / Big Sister program. The program is for youth who are clients of Davis Behavioral Health. Contact Richard Nielson at 801-546-1168.
- Davis Behavioral Health can provide up to 48 hours per month of respite care for families involved in treatment.

Residential Treatment

- Davis Behavioral Health, the Medicaid provider in Davis County, contracts with several programs including Utah Youth Village, Foundations, Futures through Choices, Milestone, and Chrysalis as needed for Residential Treatment. This allows the youth to be in a family setting. The program has a school experience, with an intensive level of structure and therapeutic intervention. Contact Richard Nielson at 801-546-1168.
- If a child is a threat to self or others they would be admitted to McKay-Dee Hospital's or UNI's psychiatric unit 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.
- There are many residential treatment programs for private payment. Medicaid carve-out may apply to qualifying private treatment programs for adopted youth.