

Assessment of Post-Adoption Resources in Salt Lake 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

- Twelve cluster groups operate throughout Salt Lake County. Connie in Salt Lake City can be reached at 801-596-7541; Linda P. in Murray/Midvale can be reached at 801-233-0894; Naomi in Sandy and Draper can be reached at 801-604-6069; Linda C. in West Valley can be reached at 8801-508-1982; Elise in Kearns can be reached at 801-849-8124; Linda C. in Magna can be reached at 801-508-1982; Linda P. West Jordan can be reached at 801-233-0894. Nicole is a facilitator for a structured family cluster group. She can be reached at 801-302-9359. Glenna in South Valley West and Cindy in South Valley West can be reached at (Glenna) 801-280-6205 and (Cindy) 801-254-5012. Debbie in Tooele can be reached at 435-843-8610. Linda P. in East Granite (zip codes 84117, 84121, 84124) can be reached at 801-233-0894. Debbie is a facilitator for adoption and can be reached at 435-843-8610. For a current list of cluster groups and activities contact the Utah Foster Care Foundation at 801-994-5205 or www.utahfostercare.org.

Specialized Groups

- Children's Service Society has a parenting class designed to address issues specific to the adoption experience. There are children's support groups for adopted children and teens. Cost for the class is \$50 per person, and \$100 includes the spouse and children.
- Youth Service Center has a 7-week educational support group called "Who Cares". The group is for parents who struggle with the challenges of raising teenage children. Call Bill Moore at 801-269-7553.
- CHADD has an educational class for parents who have children with ADHD. Each class series runs for 7 weeks. They can be contacted at 801-254-3332 or at their website at www.chaddonline.org.
- Utah Parent Center has a support group for parents who have children with disabilities. The local chapter can be reached at 801-272-1051.
- National Alliance for the Mentally Ill has a support group for parents who have children with mental illness. They can be contacted at 801-323-9900 or on their website at www.namiut.org.
- Autism Society has a support group for parents who have children with autism. They can be contacted at 801-583-7049 or their website at www.utahautism.org.

Children's Support Groups

- An Annual Adoption Celebration has activities for adoptive families. For information call the Adoption Exchange at 801-265-0444.
- Children's Service Society has children's support groups for adopted children and teens. The support groups run concurrently with the parenting class. Cost for the class and support groups is \$100, including the spouse and children.

- Youth Services Center has an 8-week educational support group for teenage youth called “Get Real About Violence”. The groups deals with anger management and the impact of societal and media influences. Contact them at 801-269-7500.

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. They also have an email newsletter. Contact the number provided to have your name put on the mailing list.
- 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 for more information.

RESPIRE CARE

1 - 4 Hour Scheduled Respite

- Family Support Center in Midvale has an in-home respite care program specifically designed for DCFS adoptive families throughout Salt Lake County. 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 \$2.50 per hour. To schedule care for children under 11 years old, call the Family Support Center at 801-255-6881 and ask for Debbie Sutherland.
- Salt Lake County Youth Services Center has an in-home respite care program specifically designed for DCFS adoptive families throughout Salt Lake County. They provide hourly respite care in the adoptive family’s home for all the youth 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 for youth 11 years old or older, call the Youth Service Center at 801-269-7500 and ask for Karen Vasic or Brock Yancey.
- Touchstone Therapy Center has a Nanny Program where a skilled nanny will either go into a home or take the children out of the home for a few hours or a couple of days. Any age child and siblings can be included in this service. The cost ranges from \$12 - \$25 per hour, depending on the number of children to be supervised. Contact Ray DePrizio at 801-485-8051. He needs some advanced notice to arrange care.
- Easter Seals has a respite care program that provides respite care for families who have a child with a disability, including emotional disabilities. The cost is \$10 - \$12 per hour. Contact Jody Greham at 801-486-3778.
- Common activities such as scouts, sports, 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 many adoptive parents.
- Biological siblings' adoptive parents are used as respite caregivers by some adoptive parents.
- Cluster group members have exchanged respite care for each other. Cluster groups are close to home and familiar. 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 want 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 Child Care Resource and Referral program has a computerized database of all the licensed child care in the Salt Lake County Region. 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. 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. Summer programs are listed in booklets or on the website at www.cssutah.org/ccr&r. Costs vary: full-time costs range from about \$100 - \$650 per month; part-time would be less. Contact them at 801-355 –HUGS(4847) or www.cssutah.org/ccr&r.
- Family Support Centers in both Midvale and Sugarhouse will schedule respite care at their facility for children infancy - 11 years old. Respite care is available based on space at the time of the request. The Midvale center can be contacted at 801-255-6881 and the Sugarhouse center can be reached at 801-487-7778.
- Big Brothers and Big Sisters can be a way single parents get occasional breaks from their children. There is a waiting list of about one year for receiving this service. Contact them at 801-534-1818.
- Juvenile Court has mentors for those involved in the court. Mentors can provide respite care similar to a Big Brother or Big Sister.
- CASA has mentors for children who are involved with a Guardian ad Litem. CASA mentors can provide respite similar to a Big Brother or a Big Sister.

Day Breaks

- Family Support Center in Midvale has a new respite care program specifically designed for DCFS adoptive families throughout Salt Lake County. 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 \$2.50 per hour. To schedule care for children under 11 years old, call the Family Support Center at 801-255-6881 and ask for Debbie Sutherland.
- Salt Lake County Youth Services Center has an in-home respite care program specifically designed for DCFS adoptive families throughout Salt Lake County. They provide hourly respite care in the adoptive family's home for all the youth 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 for youth 11 years old or older, call Youth Service Center at 801-269-7500 and ask for Karen Vasic or Brock Yancey.
- Touchstone Therapy Center has a Nanny Program where a skilled nanny will either go into a home or take the children out of the home for a few hours or a couple of days. Any age child and siblings can be included in this service. The costs are \$12 - \$25 per hour, depending on the number of children to be supervised. Contact Ray DePrizio at 801-485-8051. He needs some advanced notice to arrange care.
- Easter Seals has a respite care program that provides respite care for families who have a child with a disability, including emotional disabilities. The cost is \$10 - \$12 per hour. Contact Jody Greham at 801-486-3778.
- Informal supports such as relatives, friends, or church members are used for respite care by many adoptive parents.
- Biological siblings' adoptive parents are used as respite care by some adoptive parents.
- Cluster group members have exchanged respite care for each other. Cluster groups are close to home and familiar. The care is provided by someone who is trained and licensed. (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, but parents may find child care available during school breaks. Child Care Resource and Referral has a computerized database of all the child care licensed child care providers in the Salt Lake County Region. There are child care providers who provide child care on a drop-in basis and have summer programs. Some of these programs accommodate children up to ages 13 or 15. A parent can arrange for daily summer program or can arrange 1 - 4 days a week. Some providers have structured programs with low adult to child ratios and many have taken special training to help them with the difficult to manage children. Summer programs are listed in a booklet or on the website at www.cssutah.org/ccr&r. Costs vary: full-time costs are from about \$100 - \$650 per month; part-time would be less. Contact them at 801-355 -HUGS (4847).
- Family Support Centers in both Midvale and Sugarhouse will schedule respite care at their facility for children who are 0 - 11 years old. Respite care is available based on space at the time of the request. A parent can scheduled from 1 - 72 hours. Weekends are often unavailable for scheduled respite care, however, as the nursery is full with children who have crisis situations. The Midvale center can be contacted at 801-255-6881 and the Sugarhouse center can be reached at 801-487-7778.

Overnight Breaks - Weekend Breaks

- Informal supports such as relatives, friends, or church members are used for respite care by many adoptive parents.
- Biological siblings' adoptive parents are used as respite care by some adoptive parents.
- Cluster group members have exchanged respite care for each other. Cluster groups are close to home and familiar. The care is provided by someone who is trained and licensed. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)
- Touchstone Therapy Center has a Nanny Program where a skilled nanny will either go into a home or take the children out of the home for a few hours or a couple of days. Any age child and siblings can be included in this service. The costs are \$12 - \$25 per hour, depending on the number of children to be supervised. Contact Ray DePrizio at 801-485-8051. He needs some advanced notice to arrange care.
- Family Support Centers in both Midvale and Sugarhouse will schedule respite care at their facility for children who are 0 - 11 years old. Respite care is available based on space at the time of the request. A parent can scheduled from 1 - 72 hours. Weekends are often unavailable for scheduled respite care, however, as the nursery is full with children who have crisis situations. The Midvale center can be contacted at 801-255-6881 and the Sugarhouse center can be reached at 801-487-7778.
- DCFS Post-Adoption staff can arrange for respite care for adopted youth for a minimum of 3 days through an agreement with Utah Youth Village. There is an intake process and the respite care is provided by one of the Utah Youth Village homes. The initial cost is \$58.40 per day. After the first stay, the adoptive family can contact the respite care family directly and the cost is \$35 per day for up to 10 days.

Parent - to - Parent

- Informal supports such as relatives, friends, or church members are used for respite care by many adoptive parents.
- Biological siblings' adoptive parents are used as respite care by some adoptive parents.
- Cluster group members have exchanged respite care for each other. Cluster groups are close to home and familiar. The care is provided by someone who is trained and licensed. (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 0 - 11 years old. The Midvale center can be contacted at 801-255-6881 and the Sugarhouse center can be reached at 801-487-7778.
- Youth Service Center can provide immediate crisis respite for 48 hours and up to a week in some extreme cases. The services are for youth ages 9 - 17 years old. They can be reached at 801-269-7500.

MENTAL HEALTH SERVICES

Counselors who Specialize in Adoption

- Valley Mental Health, the Medicaid provider in Salt Lake County, has several adoption specialists as therapists or consultants to therapists. They can be reached at 801-284-4990.
- Touchstone Therapy Center - a carve-out Medicaid provider - is operated by Ray DePrizio who has specialized in adoption issues. Contact Ray DePrizio at 801-485-8051.
- Children's Service Society - a subcontract of Valley Mental Health - has set up their contract because of their specialization in adoption. Contact Shelly Eyre at 801-355-7444.
- Family Support Center - a carve-out Medicaid provider - provides family and individual therapy that specialize in adoption issues. Contact their Midvale office at 801-255-6881 or the Sugarhouse office at 801-487-7778.
- Other therapists throughout the county have taken workshops in adoption issues. It is not known how extensively any of them have worked with adoptive families.
- DCFS Post-Adoption units specialize in adoption related therapy issues and help the child connect their past with the present and how it affects the future. They have an intensive Family Preservation component that also helps connect the family to community resources. They can follow-up with less intense services as needed. The services are geared for those who are considering disrupting or dissolving their adoption. Contact Vickie Steffey at 801-264-7609.

Note: All of the above-mentioned agencies would be willing to collaborate with an adoptive parent as a peer mentor for a Response Team Model.

Family Focused Treatment

- Valley Mental Health, the Medicaid provider, has a whole family therapy focus.
- Valley Mental Health has 2 parenting groups: one for parents who are raising children diagnosed with Oppositional Defiant Disorder and the other is a class in Advanced Behavioral Modification for parents who have youth diagnosed with behavioral disorders.
- Touchstone Therapy Center - a carve-out Medicaid provider - practices whole family focused work and often meets in the family's home.
- Children's Service Society - a subcontract with Valley Mental Health - has a whole family focus.
- Family Support Center - a carve-out Medicaid provider - has a whole family focus.
- DCFS Post-Adoption units are whole family focused for their Family Preservation services. They recognize that the immediate and extended family is affected by the adoption. These services are conducted primarily in the family's home.

Home-Based

- Touchstone Therapy Center - a carve-out Medicaid provider - often conducts therapy home-based, and practice whole family focused work.
- DCFS Post-Adoption units conduct therapy in the family's home and are whole family focused for their Family Preservation services.
- Youth Services Center has a home-based Family Preservation service for families with teenage youth who have DCFS involvement. They may be a resource for the DCFS Post-Adoption unit for adoptive families who have not yet finalized (thus would still have a DCFS worker).
- Valley Mental Health has an in-home service that provides multi-week assistance in managing severe behavior problems. The family must be in ongoing therapy with a Valley Mental Health therapist to access this service. There may be a waiting list.

- Family Support Center has a home-based parent mentor program for hard to manage children. The Midvale center can be contacted at 801-255-6881 and the Sugarhouse center can be reached at 801-487-7778.

Respond Within 24 Hours to Crisis

- DCFS Post-Adoptions unit can respond within 24 hours on weekdays; however, they do not have an on-call worker assigned to the weekends at this time. If a Family Preservation worker is working with a family they could be reached through DCFS' 24-hour Protective Service number.
- Valley Mental Health - the Medicaid provider - 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 Valley Mental Health therapist. There is also an on-call children's assessment worker after 5:00 pm for hospitalization.
- Youth Services Center has a 24-hour crisis line for families who need immediate assistance with a teenage youth.

Family Preservation

- DCFS Post-Adoption units have Family Preservation services. These services are conducted in the family's home. They are short-term, intensive services for those who are considering disrupting or dissolving.
- Youth Services Center has a Family Preservation service for families with teenage youth who have DCFS involvement. They may be a resource for the Post-Adoption unit for adoptive families who have not yet finalized (thus would still have a DCFS worker).
- Touchstone Therapy Center - a carve-out Medicaid provider - can meet with families in an intense, multi-weekly basis in the family's home when a family is in crisis. This is in the style of the Family Preservation model.
- Youth Village has a home-based Family Preservation model therapy model called Parents First. It is NOT a Medicaid service. Private insurance may pay for treatment.

After School and School Treatment Programs

- Valley Mental Health has several weekly children's groups in their out-patient children's units. They have 2 foster-adopt groups that work with issues youth have who live in foster or adoptive families. They have a "missing parent" group for children living in kinship, foster, and (sometimes) adoptive homes. Other groups address behavioral problems and social skills.
- Touchstone Therapy Center is offering a Summer Camp for adopted youth. It is 3 days a week and runs for 8 weeks.
- Valley Mental Health has the ACES program, a daily after school treatment program for children who are extremely behaviorally disordered. They would need to be referred by their Valley Mental Health therapist as this is an ancillary treatment to the outpatient service.
- Valley Mental Health has 2 - 4 hour weekly respite care available for those who are in therapy with a Valley Mental Health therapist. The respite care time cannot be specified by the parent and there is a long waiting list for this service.
- Children's Center has a half day, day therapeutic program for preschool children who are behaviorally disordered and/or emotionally disturbed.
- Children's Center has a twice-a-week therapeutic day treatment group designed specifically for preschool children who are in DCFS custody or in kinship placements. Preschool children who were adopted through DCFS are also eligible for this program.
- Valley Mental Health has CBTU elementary and junior high school programs for youth with extreme behavior disorders. To access the program there must be a referral from the school district and it must meet the least restrictive guidelines criteria.
- Valley Mental Health has the KIDS program, a day treatment program for mentally ill children. The program includes schooling for the child. The referral would be made by the child/family's current Valley Mental Health outpatient therapist.
- Sunshine Solutions is a private day treatment program and overnight camp for children 5 -15 years old who need a therapeutic structured environment. They offer a 4-day a week program for 8 weeks through the summer. The cost is \$1,300. Call Utah Boys Ranch at 801-282-1115. They have a website at www.utahboysranch.org

Residential Treatment

- Children's Center has a residential treatment and day treatment program to help stabilize a child who is 2 - 7 years old. They work extensively with the child and family to return the child home as soon as possible and prevent further disruption to the family.
- Valley Mental Health has ARTEC; a residential and a day treatment program for teenage youth. The program has schooling as part of the program. The ARTEC program is primarily for youth in the custody of either DCFS or Youth Corrections; however, the Valley Mental Health outpatient therapist can refer to both programs.
- In cases of intense emotional crisis, a youth may be deemed a clear and present danger to self or others and be committed to a psychiatric ward of a hospital or a psychiatric hospital. A crisis worker will try to help assess the family's ability to help stabilize the youth. If this is not possible, the youth may be committed. This is usually a brief stay to stabilize the crisis. Valley Mental Health provides crisis workers by calling 801-284-4990 or after hours at 801-261-1442. For those who have chosen a carve-out Medicaid mental health therapist, they would contact their carve-out therapist.
- 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 treatment programs for adopted youth.