

Assessment of Post Adoption Resources in Sevier and Sanpete Counties 2007

INFORMATION AND RESOURCES

- Adoption Exchange has a toll free number and web-site 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 web-site. 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

- Two cluster groups are operating in Sevier and San Pete Counties. Nancy facilitates a cluster group in Manti. She can be contacted at 435-283-5020. Coylene facilitates a cluster group in Richfield. She can be contacted at 435-896-2023.
- An informal support group is operating in Sanpete County by a peer parent coordinator, Valerie Beal. Her number is 435-835-5931.

Specialized Groups

- Sanpete Academy in Ephraim has a parenting program. Contact them at 435-283-6008.
- New Horizons and DCFS have parenting classes in Sevier County. Call for information at 435-896-1250.
- Department of Services for People with Disabilities has a parent support group and respite services in Sevier County. Lamont Felt is the contact person at 435-896-1281.

Children's Support Groups

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 Camps

- 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 Jenny Davis at 801-222-8897.
- South American Culture Group meets twice a year for family activities. Contact Keith or Kathy Syndergaard at 801-756-5656.

RESPITE CARE

1 - 4 Hour Scheduled Respite

- Informal supports such as relatives, friends, or church members are the most often used form of respite care in Sevier and Sanpete Counties.
- Common activities such as scouts, sports, and church activities can provide regular breaks for parents while their children are involved in the programs.
- A list of many local groups and activities as well as child care resources may be obtained through the Western Region Child Care Resource and Referral service at 1-888-344-4896.
- Many parents use child care to give them regular respite from the demands of raising their children. The Western Region Child Care Resource and Referral program has a computerized database of all the licensed child care in Southwest Region of Utah. 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 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: full-time costs range from about \$100 - \$650 per month; part-time would be less. Call the Western Region Child Care Resource and Referral service at 1-888-344-4896. They have a web-site at www.fcaog.state.ut.us/dep/child/index.php.
- A list of many local groups, activity guides, as well as child care resources may be obtained through the Western Region Child Care Resource and Referral service at 1-888-344-4896. There is a Child Care Resource and Referral office in the Richfield Human Services building. They have a website at www.fcaog.state.ut.us/dep/child/index.php.
- Cluster group members have exchanged respite care for each other in other regions. Cluster group members are familiar to the family. 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.)
- "Lights On" program in south Sanpete County operates 1 - 2 hours after school and provides recreation and education for school aged children.
- Path Finders is an after school program for youth in Sevier County. It was an initiative by the local juvenile judges and a collaborative effort of DCFS, Youth Corrections, the courts, and the schools.

Day Breaks

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- Central Utah Youth Center in Richfield will provide day breaks for adopted youth as long as the family is willing to be involved in a service plan. The facility is a locked facility, not a recreational facility. Contact Lonnie Thomas at 435-893-2340.
- There is a day treatment program offered through the Juvenile Court in Sanpete County. Contact Dennis at 435-835-0603 for more information.

Overnight Breaks - Weekend Breaks

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- The Family Support Centers in Cedar City, Richfield, or Price will schedule respite care at their facility for children who are infant - 11 years old. Respite care is available based on space at the time of the request. A parent can schedule from 1 - 72 hours. Either city is about a 3-hour drive. Call 435-586-0791 for Cedar City, 435-896-0791 for Richfield, or 435-637-0281 for Price.
- Central Utah Youth Center in Richfield will provide overnight and weekend breaks for adopted youth as long as the family is willing to be involved in a service plan. The facility is a locked facility, not a recreational facility. Contact Lonnie Thomas at 435-893-2340.

Parent - to - Parent

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Immediate Crisis Respite

- Family Support Centers were established to provide immediate crisis respite care for up to 72 hours for children infant - 11 years old. The closest Family Support Centers are in Richfield, Cedar City, or Price. Call 435-896-4798 for Richfield, 435-586-0791 for Cedar City, or 435-637-0281 for Price.
- Central Utah Youth Center in Richfield is available for crisis situations. They would ask that the family be willing to be involved in a service plan. The facility is a locked facility, not a recreational facility. Call 435-893-2340.

MENTAL HEALTH SERVICES

Counselors who Specialize in Adoption

- DCFS Post-Adoption workers, Susan Goodman or Rick Clements, work exclusively with adoption related family issues in the Southwest Region. They can provide family counseling for any adoptive family who adopted through DCFS or they can provide the Family Preservation focus for those who are considering disrupting or dissolving their adoption.
- Central Utah Counseling Center is the Medicaid provider in Sevier and Sanpete Counties. Arleen Cromwell, Psy.D, and Holly Kunzler, LPC, have participated in a 2-day AdoptCare workshop regarding clinical issues for adoptive families.
- Central Utah Youth Center in Richfield has many staff who have participated in a 2-day AdoptCare workshop regarding clinical issues for adoptive families. The facility is not, however, a mental health agency. Lonnie Thomas can be reached at 435-893-2340.

Note: The DCFS Post-Adoption workers, Susan Goodman or Rick Clements, and the Central Utah Counseling Center counselors would be open to working with an adoptive parent as an adoptive parent mentor for a Response Team Model.

Family Focused Treatment

- Central Utah Counseling Center, the Medicaid provider in Sevier and Sanpete Counties, provides family counseling on a limited basis. They provide individual counseling for the child or parent and child counseling.
- DCFS Post-Adoption workers, Susan Goodman or Rick Clements, work exclusively with adoption related family issues in the Southwest Region. They can provide family counseling for any adoptive

family who adopted through DCFS or they can provide the Family Preservation focus for those who are considering disrupting or dissolving their adoption.

Home-Based

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Respond Within 24 Hours to Crisis

- DCFS Post-Adoption unit can respond within 24 hours.
- Central Utah Counseling Center - the Medicaid provider - has a 24-hour crisis line for psychiatric related emergencies such as suicidal clients or clients with psychotic disorders who are in crisis. A therapist from Central Utah Counseling Center is the person who is on call.

Family Preservation

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After School and School Treatment Programs

- Central Utah Counseling Center in Sanpete has 3 youth groups after school in the elementary school, in the junior high school, and in the high school.
- Central Utah Counseling Center in Sevier County will be starting a substance abuse treatment group for adolescents and 2 behavioral focused youth groups, 1 for 3rd through 5th grades and 1 for 6th through 8th grades youth.
- Central Utah Counseling Center provides respite care services for a couple of hours per week for clients who need respite from their child.
- Central Utah Youth Center can provide a “tracker” to see that the youth is in school.

Residential Treatment

- Observation and Evaluation program can take an ungovernable youth for up to 2 weeks. This program is accessed through Tammy Powell, Juvenile Justice Service (JJS) at 435-893-2340.
- Therapeutic Foster Homes are available for someone who is close to having the child removed from their home. Therapeutic Foster Homes are cooperative treatment homes coordinated through DCFS and Central Utah Counseling Center.
- If a child is a threat to self or others they may be admitted to a psychiatric ward of a hospital until he or she is considered stabilized. Contact Central Utah Counseling Center if the child has Medicaid.
- There are residential treatment programs for private payment. Medicaid carve-out may apply to qualifying private treatment programs for adopted youth.