

Session 2: Learning Objectives

- ▶ Review the ABC-X model and the categories of stressor events.
- ▶ Identify resources in family life that mitigate stressful events.
- ▶ Explore family-level perceptions of stressors that balance reality and optimism.
- ▶ Recognize the influence of resources and perceptions in creating outcomes during stress.

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Life in the Trenches: Foster & Adoption Stress Management

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“Caring for Vulnerable Children Is Beautiful & Challenging.”

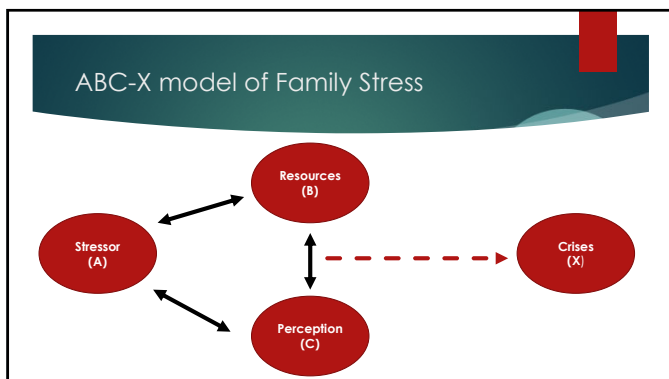
LOVE JUSTICE FAITHFULNESS

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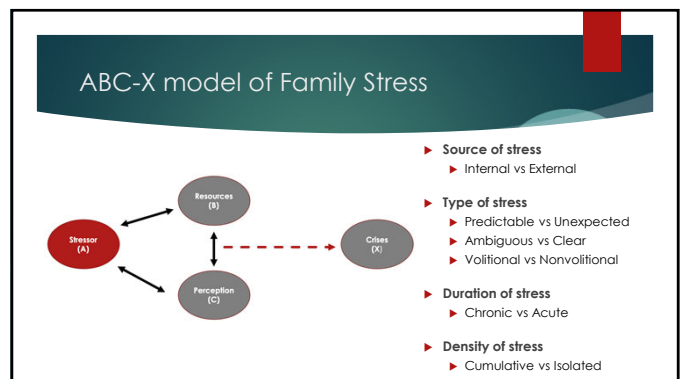
Life in the Trenches: Resources & Perceptions

TO TRULY SERVE ADOPTIVE AND FOSTER FAMILIES,
WE MUST HONOR THE ENTIRETY OF THE JOURNEY.
- JEN R. HOOK

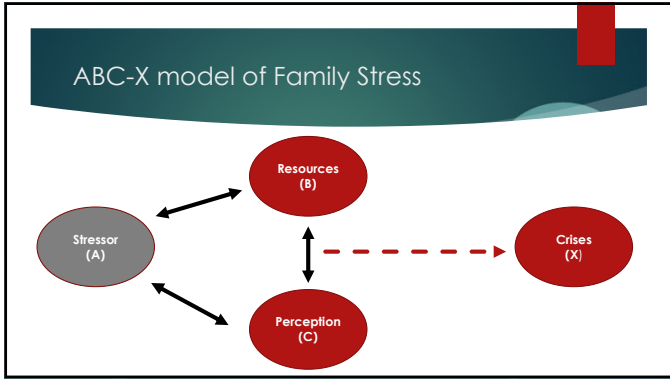
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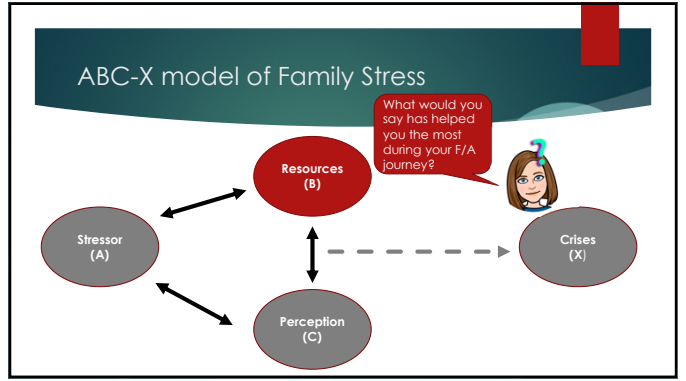
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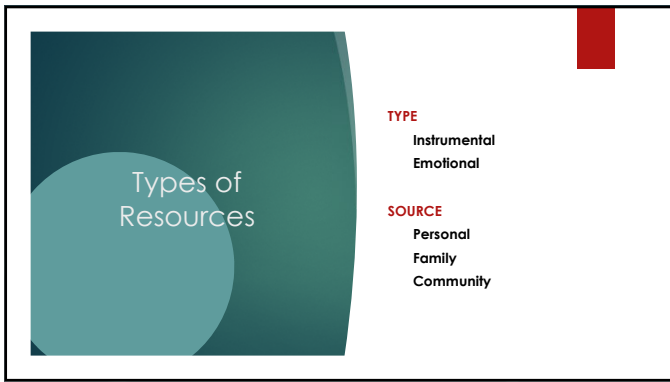
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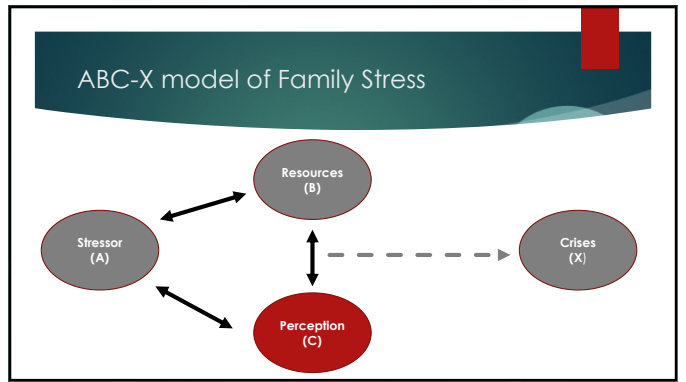
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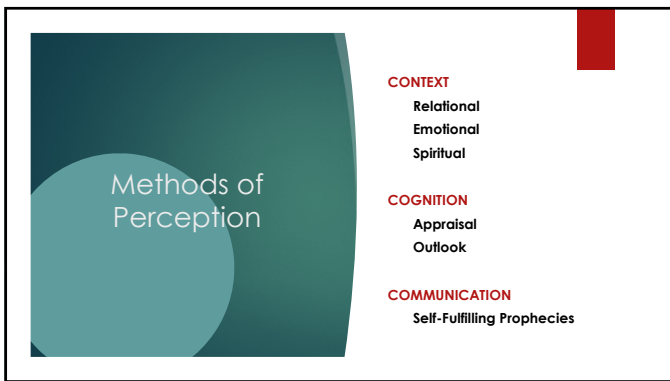
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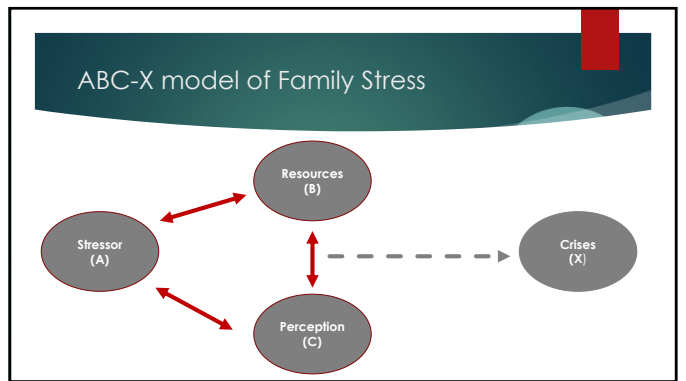
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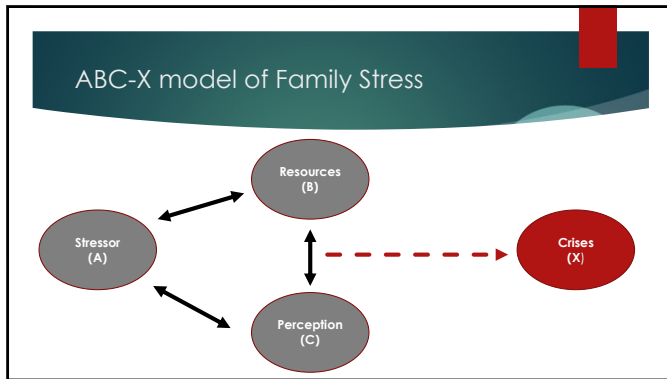
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“ Hope for things to get better.
Hope for healing and growth.
Hope for support. ”

LOVE JUSTICE FAITHFULNESS HOPE

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Discussion

- ▶ What resources have you utilized during your F/A journey?
 - ▶ What resources are available to your family that you think you could probably access more?
 - ▶ What resources feel tapped out right now?
- ▶ How would you describe your overall perception of your current F/A stressor?
- ▶ Would you consider your family to be coping or in crisis?

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Resources

- ▶ Hill, R. (1949). *Families under stress: Adjustment to the crisis of war separation and reunion*. Westport, CT: Greenwood.
- ▶ Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.
- ▶ Boss, P., Bryant, C. M., & Mancini, J. A. (2016). *Family stress management: A contextual approach*. Sage Publications.
- ▶ Day, R. D. (2010). *Introduction to family processes* (5th ed). Routledge Publishing.
- ▶ Smith, S. R. & Hamon, R. R. (2017). *Exploring family theories* (4th ed.). Oxford Publications

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