

## Overview

**Session 1 & 2**  
 Framework/Tool to help us understand & manage family stress  
 ▶ ABC-X: Stressors, Resources, Perceptions, & Crises

**Session 3 thru 6**  
 Discussion about Foster & Adoption Stressors & Challenges  
 ▶ Trauma & Attachment  
 ▶ Family system & Parenting  
 ▶ Service system  
 ▶ Community, Spirituality, & Cultural context.

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## Session 3: Learning Objectives

- ▶ Review ABC-X Model
- ▶ Identify the stressors of children's trauma and attachment issues.
- ▶ Describe the type of stressor that these are in their family.
- ▶ Discuss the supports available to the family.

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## Life in the Trenches Foster & Adoption Stress Management


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## Caring for Vulnerable Children Is Beautiful & Challenging

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## Values in Foster & Adoption Care



Love



Justice



Faithfulness

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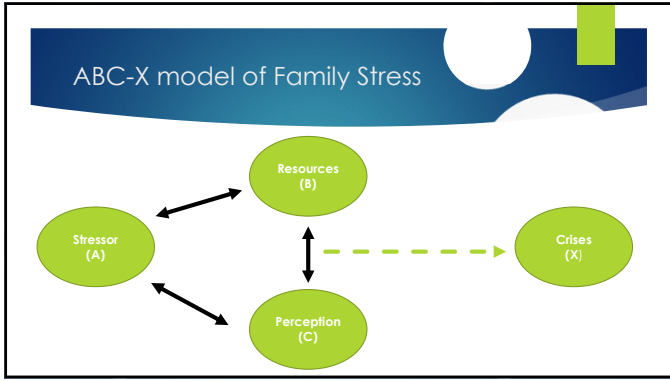
## Challenges & Stressors of F/A Journey



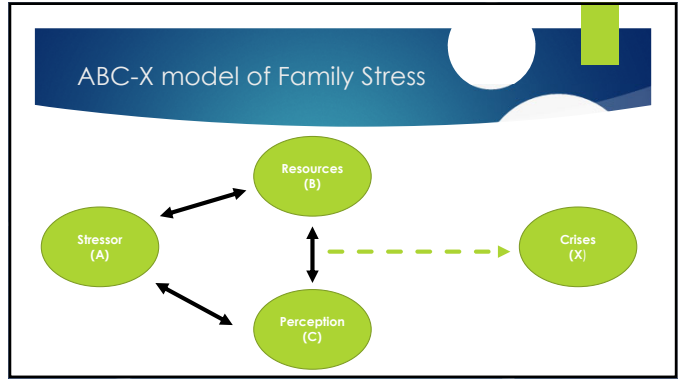
- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality



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## Life in the Trenches: Trauma & Attachment

To truly serve adoptive and foster families, we must honor the entirety of the journey.  
- Jan R. Hook

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## Challenges & Stressors of F/A Journey

- ▶ Trauma—i.e., child's trauma-related behaviors
- ▶ Attachment—i.e., insecure attachment
- ▶ Family system
- ▶ Parenting
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality

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## Stressors: Child's Trauma-Related Behaviors

- ▶ **Trauma**
  - ▶ emotional response to a terrible event
- ▶ **Sources**
  - ▶ Starvation, Domestic violence, Physical or sexual abuse, Neglect, Drugs in utero, medical trauma(i.e., NICU), experienced loss of a loved one, foster care ....
- ▶ **Thoughts, Feelings, Behaviors**
  - ▶ Prolong temper tantrums, Banging their head, Pulling hair out, Aggressive with peers, Hoard food; Lie, cheat, & steal; no affect; the list goes on and on...

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## Stressor: Insecure Attachment

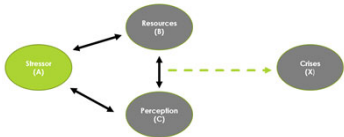
- ▶ **Attachment**
  - ▶ emotional bond between parent and child
  - ▶ Secure vs. Insecure
- ▶ **Sources of Insecure Attachment**
  - ▶ Caregiver is distant, miss attuned, emotionally unavailable, unresponsive, or intrusive
- ▶ **Thoughts, Feelings, Behaviors**
  - ▶ "I can trust no one but myself, I'm responsible for my own survival."
  - ▶ View caregivers as unreliable
  - ▶ Severely inappropriate in social relationships
  - ▶ Difficulty with relaxing, sleeping, playing with others

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## Classifications of Stressors

### Trauma Behaviors & Insecure Attachment

- ▶ **Source of stress**
  - ▶ **Internal** vs External
- ▶ **Type of stress**
  - ▶ **Predictable** vs Unexpected
  - ▶ **Ambiguous** vs Clear
  - ▶ **Volitional** vs Nonvolitional
- ▶ **Duration of Stress**
  - ▶ **Chronic** vs Acute
- ▶ **Density of stress**
  - ▶ **Cumulative** vs Isolated



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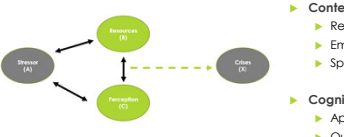
## Supports: Resources & Perceptions

**RESOURCES:**

- ▶ **Type**
  - ▶ Instrumental
  - ▶ Emotional
- ▶ **Source**
  - ▶ Personal
  - ▶ Family
  - ▶ Community

**PERCEPTIONS:**

- ▶ **Context**
  - ▶ Relational
  - ▶ Emotional
  - ▶ Spiritual
- ▶ **Cognition**
  - ▶ Appraisal
  - ▶ Outlook
- ▶ **Communication**
  - ▶ Self-Fulfilling Prophecies



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## Discussion: Helpful Supports

What supports have helped you manage the stressors of trauma and attachment in your F/A journey?

**Type of Support**

- ▶ **Emotional supports**
  - ▶ help us feel like we are not alone
  - ▶ Friends/family, support groups, therapist
- ▶ **Tangible/Instrumental supports**
  - ▶ helps us meet our daily needs
  - ▶ foods, supplies, toys, babysitting
- ▶ **Informational/Cognitive supports**
  - ▶ helps us understand how to handle our situation better
  - ▶ training, education, books, etc.

**Source of Support**

- ▶ **Personal**
  - ▶ Within ourselves—characteristics, traits, knowledge, skills
- ▶ **Family**
  - ▶ Partner, kids, extended family
- ▶ **Community**
  - ▶ Agencies, Ministry/Church, Caseworkers, CPS
- ▶ **Spiritual**
  - ▶ God, Jesus, Holy Spirit, Bible

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## A message of HOPE

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## Values in Foster & Adoption Care



Love



Justice




Faithfulness

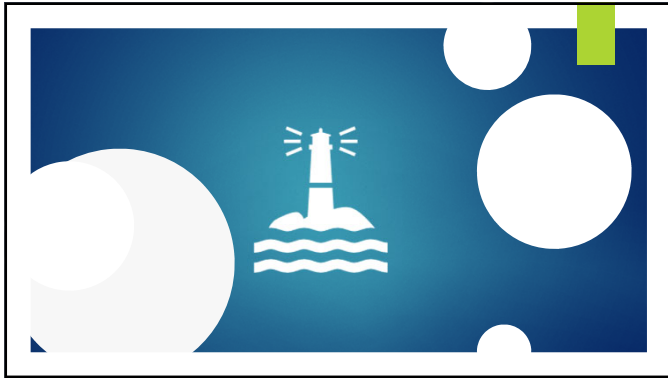
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## Hope

- ▶ Hope for things to get better
- ▶ Hope for healing and growth
- ▶ Hope for support



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## Resources

- ▶ Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.

*Other Supporting Resources*

- ▶ 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* (5<sup>th</sup> ed). Routledge Publishing.
- ▶ Hill, R. (1949). *Families under stress: Adjustment to the crisis of war separation and reunion*. Westport, CT: Greenwood.
- ▶ Smith, S. R., & Hamon, R. R. (2017). *Exploring family theories* (4<sup>th</sup> ed.). Oxford Publications



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