

# 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,

# 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.




# Life in the Trenches: Foster & Adoption Stress Management

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# Caring for Vulnerable Children Is Beautiful & Challenging

# Values in Foster & Adoption Care



Love

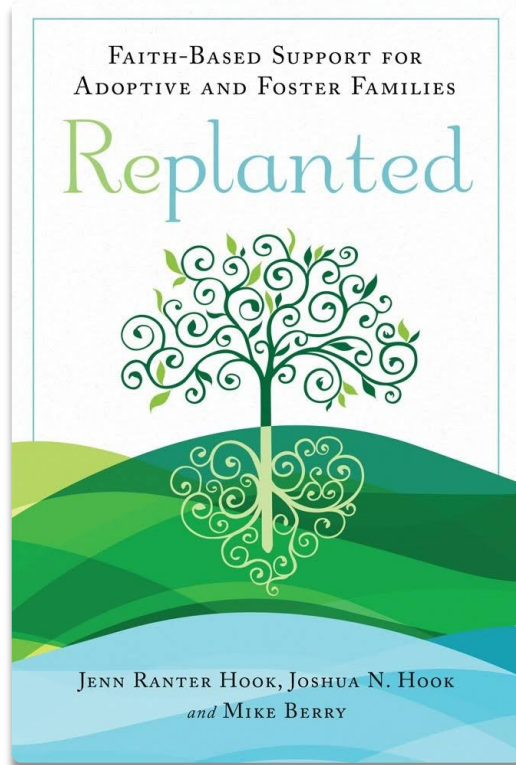


Justice

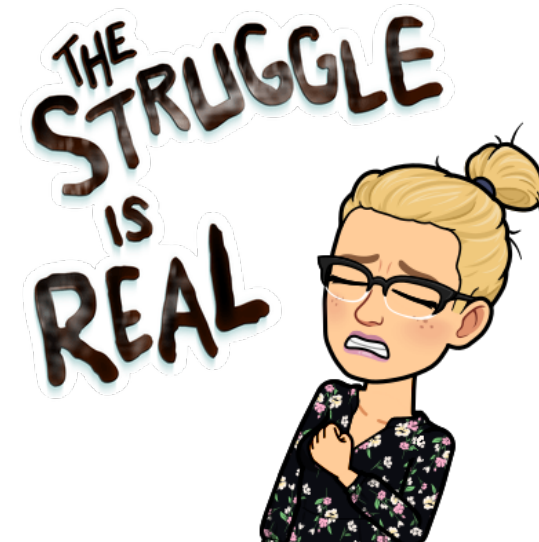


Faithfulness

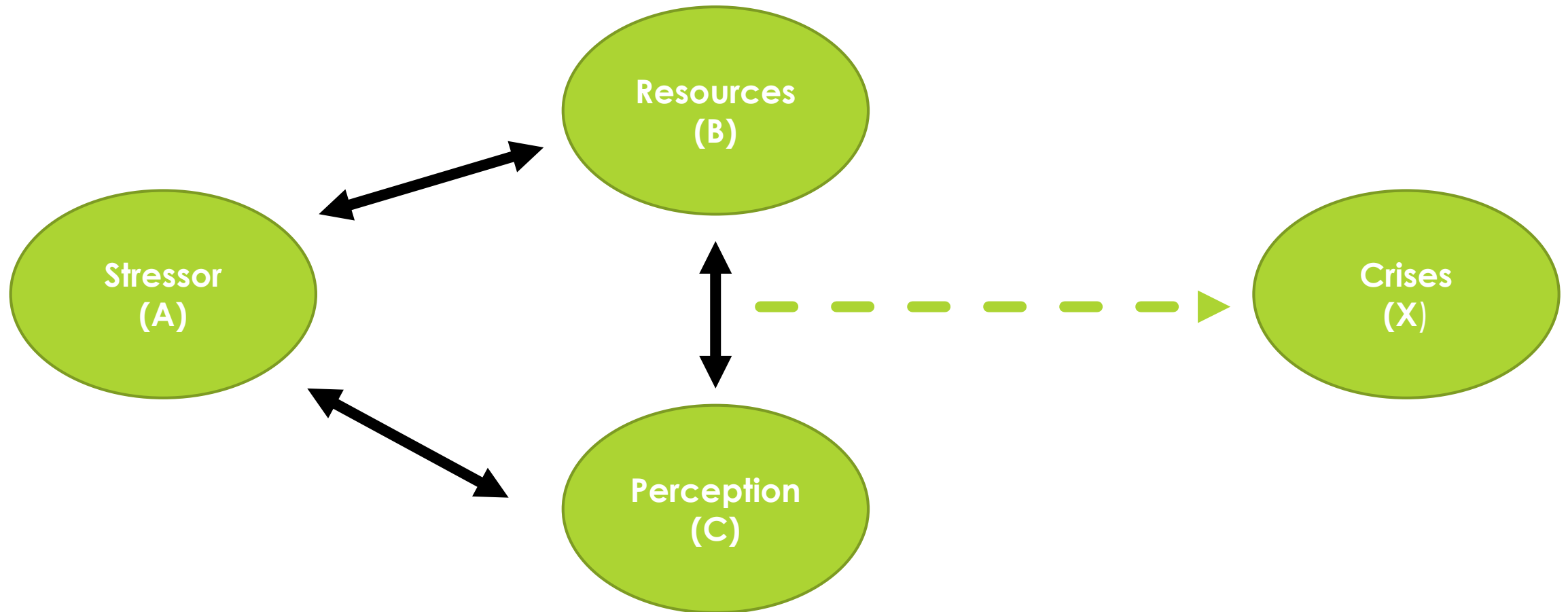
# Challenges & Stressors of F/A Journey



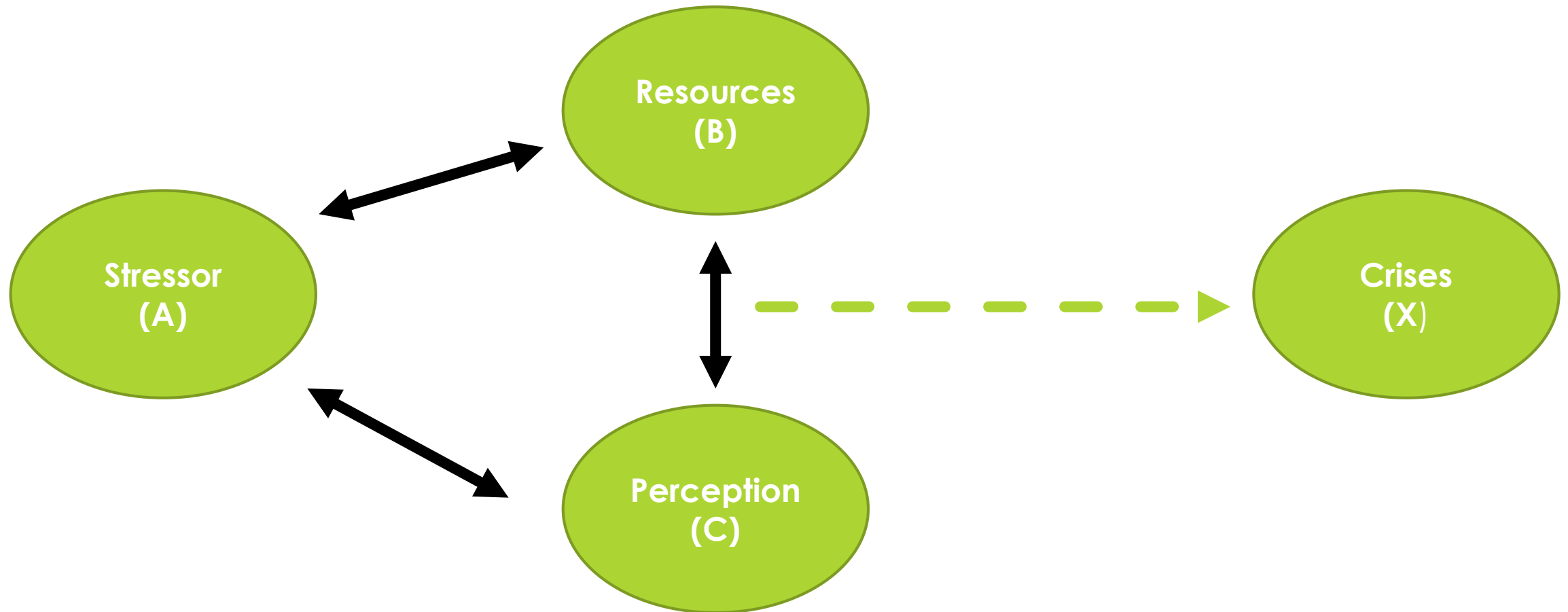
- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality



# ABC-X model of Family Stress



# ABC-X model of Family Stress





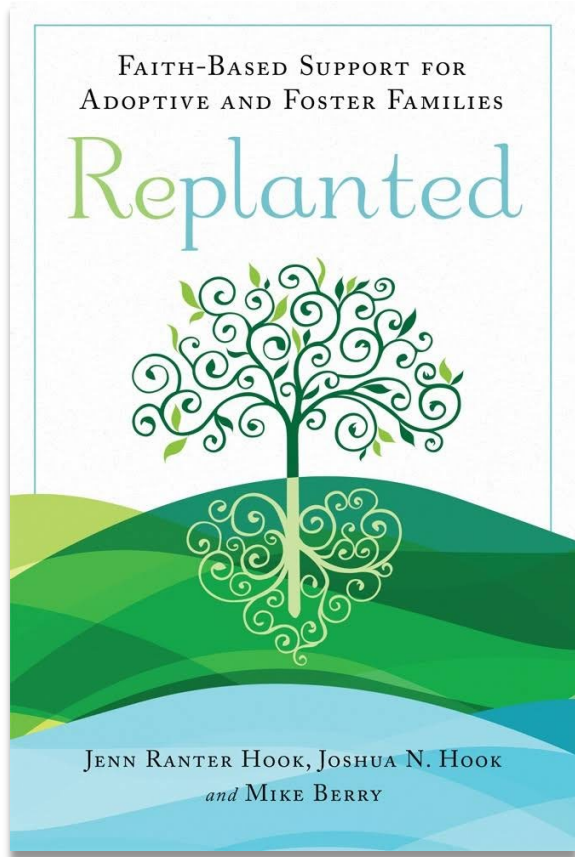


# Life in the Trenches: Trauma & Attachment

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

- Jen R. Hook

# 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

# 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...



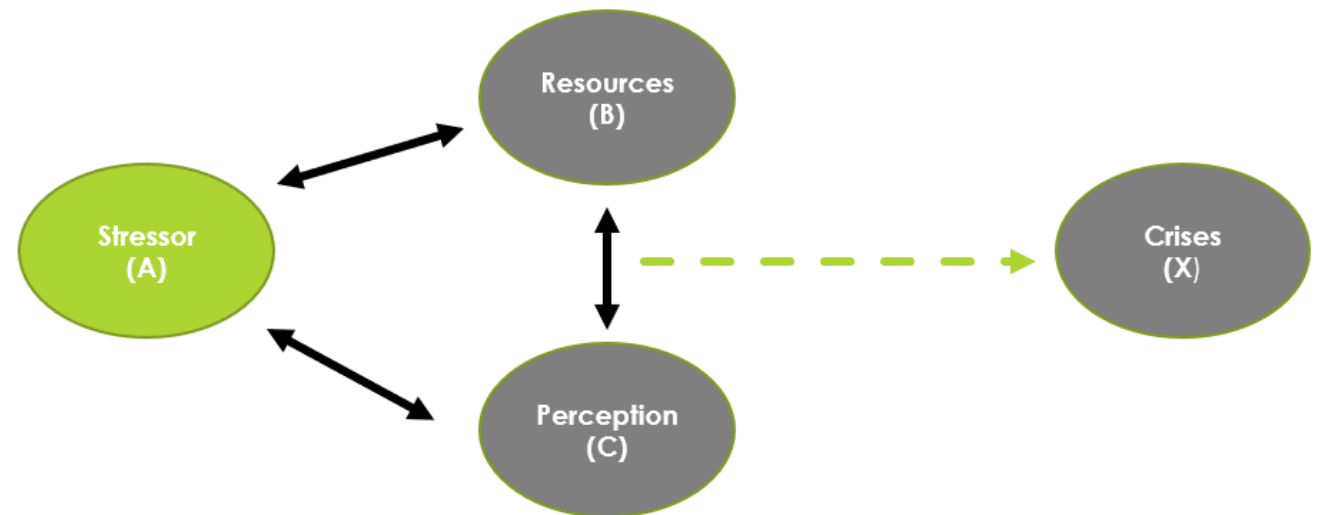
# Stressor: Insecure Attachment

- ▶ **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



# 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



# Supports: Resources & Perceptions

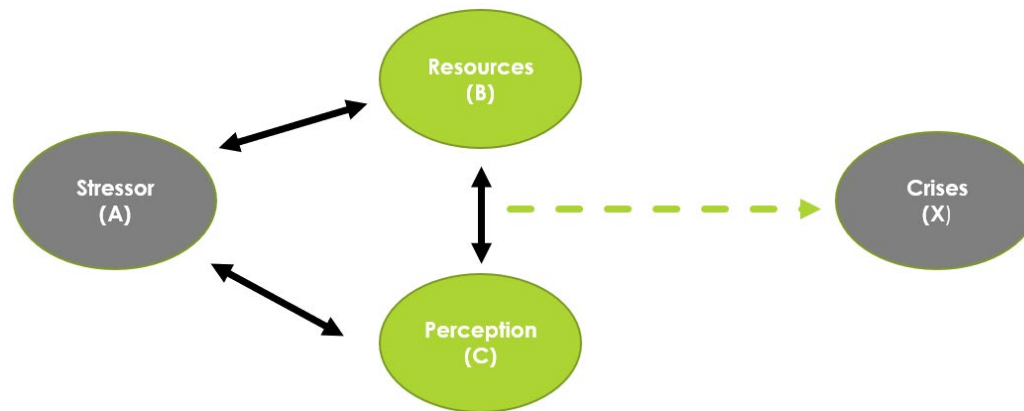
## RESOURCES:

### ▶ Type

- ▶ Instrumental
- ▶ Emotional

### ▶ Source

- ▶ Personal
- ▶ Family
- ▶ Community



## PERCEPTIONS:

### ▶ Context

- ▶ Relational
- ▶ Emotional
- ▶ Spiritual

### ▶ Cognition

- ▶ Appraisal
- ▶ Outlook

### ▶ Communication

- ▶ Self-Fulfilling Prophecies



# 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



A message of HOPE



# Values in Foster & Adoption Care



Love



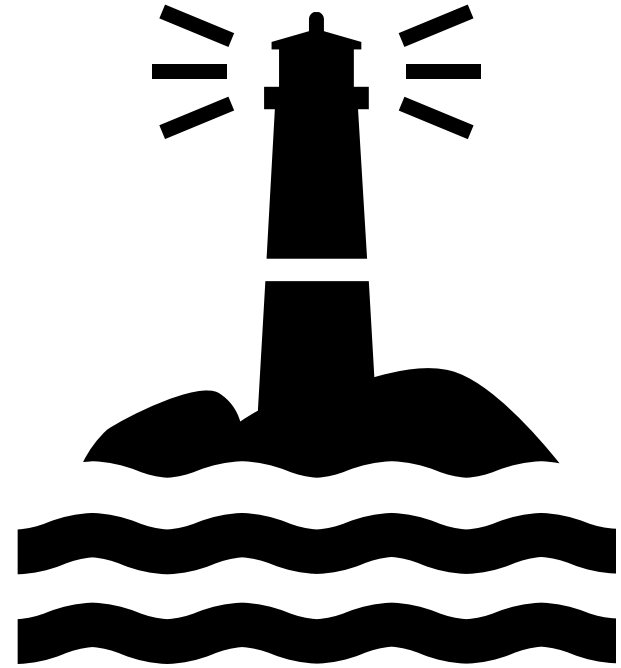
Justice



Faithfulness

# Hope

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



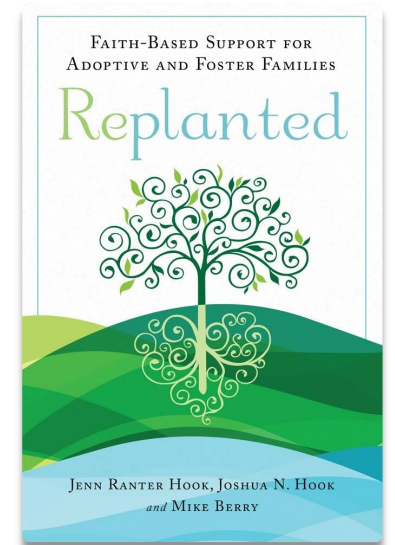


# Resources

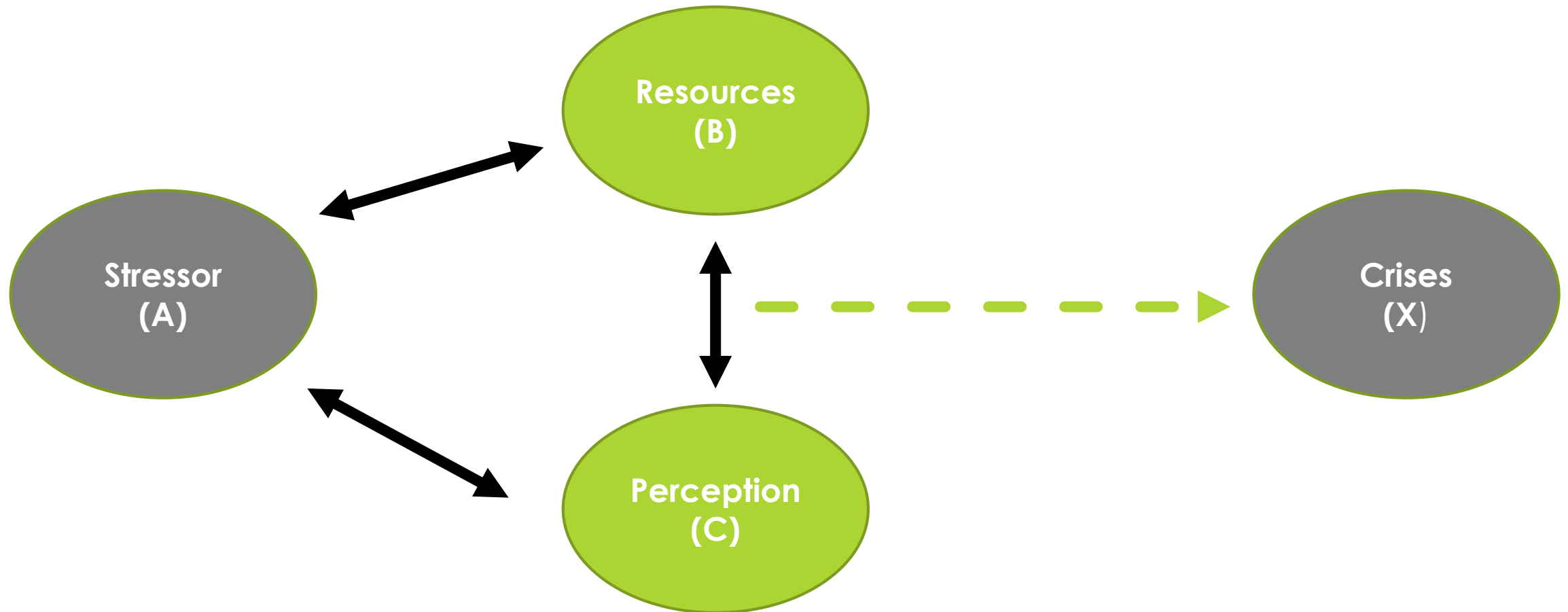
- ▶ **Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.**

## *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



# ABC-X model of Family Stress



# Discussion: Trauma & Attachment

- ▶ **Describe how trauma and attachment are stressors in your life?**
  - ▶ What is challenging about these stressors? Have you experience crisis?
  - ▶ Are there any potential benefits from this stressor? Has your family grown from experiencing these stressors?
- ▶ **What resources do you and your family have for trauma & attachment stressors?**
  - ▶ What kinds of help or support do you still need?
- ▶ **What has helped you to have the *right* perception about trauma & attachment stressors?**
  - ▶ How can we have informed expectations?
- ▶ **What coping strategies do you find helpful in dealing with trauma & attachment stressors?**

# Discussion: Trauma & Attachment

- ▶ **Limiting Stressors:** Is it possible to set boundaries and limits on trauma and attachment issues in foster/adoption journey? If yes, how?