

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
 ▶ Parenting & Family system
 ▶ Service system
 ▶ Community, Spirituality, & Cultural context.

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Session 4: Learning Objectives

- ▶ Review ABC-X Model
- ▶ Identify the stressors of family systems and parenting issues.
- ▶ Describe the type of stressor.
- ▶ 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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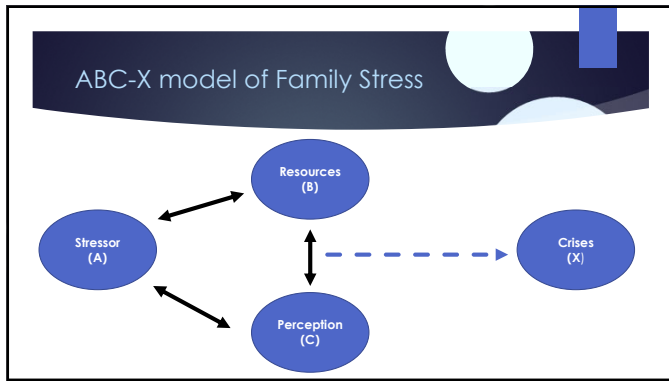
Challenges & Stressors of F/A Journey



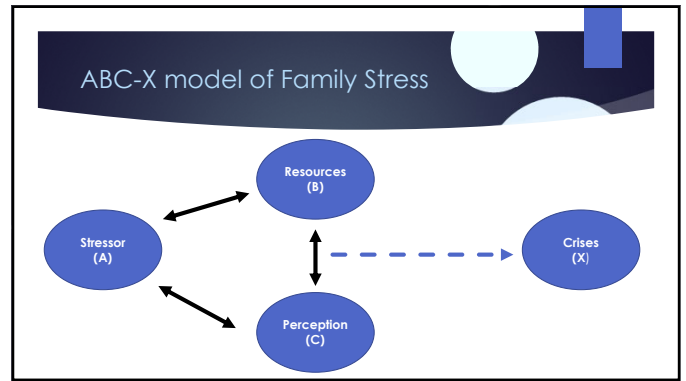
- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality



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Life in the Trenches: Parenting & Family System

To truly serve adoptive and foster families, we must honor the entirety of the journey.
- Jen 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
- ▶ **Parenting**
- ▶ **Family system**
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality

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Stressors: Parenting

- ▶ **Parenting**
 - ▶ Nurturing: give love, attention, understanding, acceptance, time, and support
 - ▶ Structure: give direction, impose rules, use discipline, set limits, establish and follow through with consequences, hold your children accountable for their behavior, and teach values
- ▶ **Sources of "Parenting" Stress**
 - ▶ Parenting kids
 - ▶ Infertility
 - ▶ Parenting children differently, bio vs adopted
 - ▶ Being in a different life stage than other friends
 - ▶ Not really connecting with non-F/A parents with children our own age

What is your experience with these stressors?

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Stressor: Family Systems

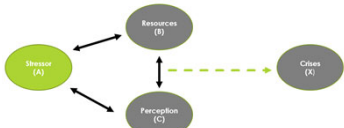
- ▶ **Family System**
 - ▶ How a family operates and relates to one another
 - ▶ The R's: Roles, Rules, Routines, Rituals, Recreation, Resource Management
- ▶ **Sources of "Family System" Stress**
 - ▶ The R's of bio family OR foster placement family
 - ▶ Onboarding: Introducing the child to your family R's
 - ▶ Disembarking: Preparing children to leave your family for

What is your experience with these stressors?

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Classifications of Stressors: Parenting & Family Stressors

- ▶ **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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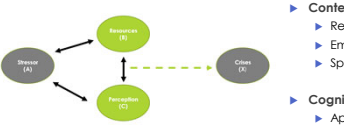
Supports: Resources & Perceptions

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

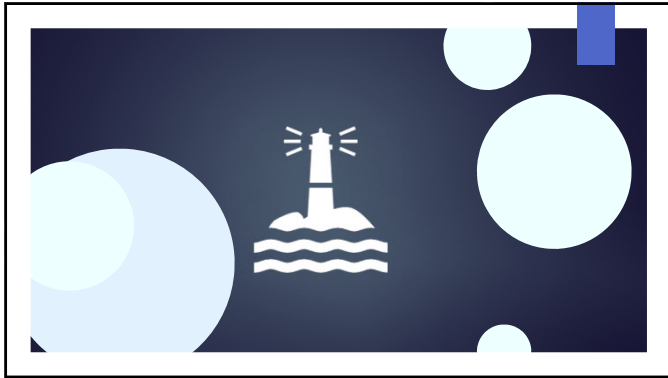
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Hope

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



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Resources

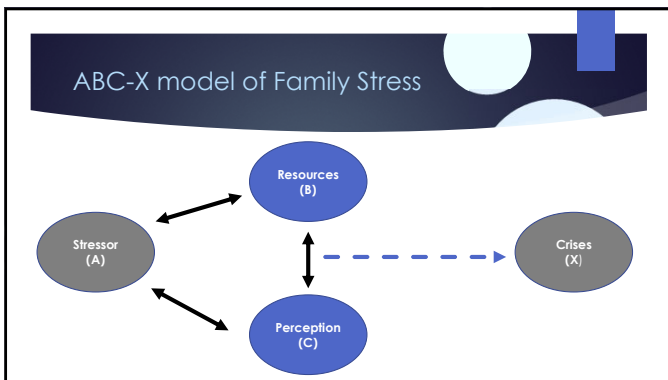
- ▶ Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.

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* (5th 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* (4th ed.). Oxford Publications



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