

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,

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.

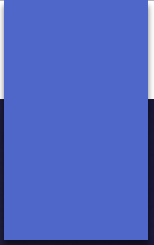


Life in the Trenches: Foster & Adoption Stress Management

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Caring for Vulnerable Children Is Beautiful & Challenging

Values in Foster & Adoption Care



Love

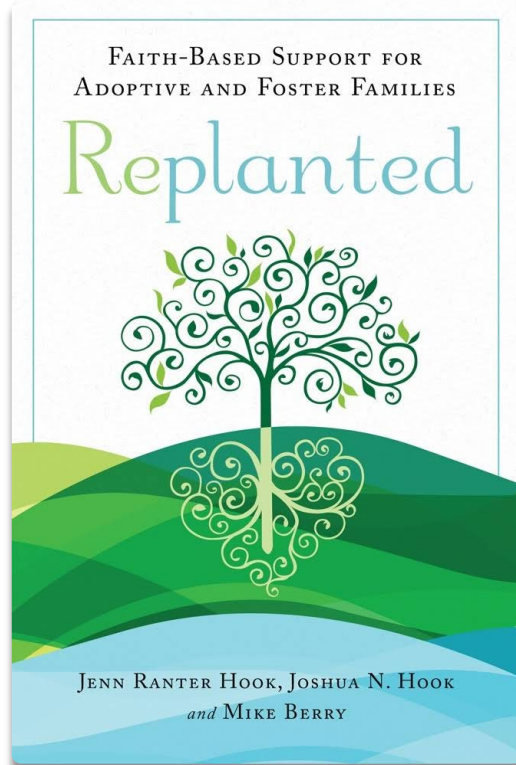


Justice

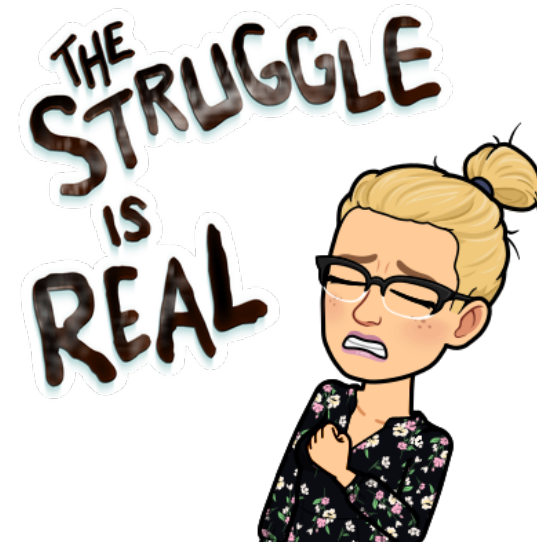


Faithfulness

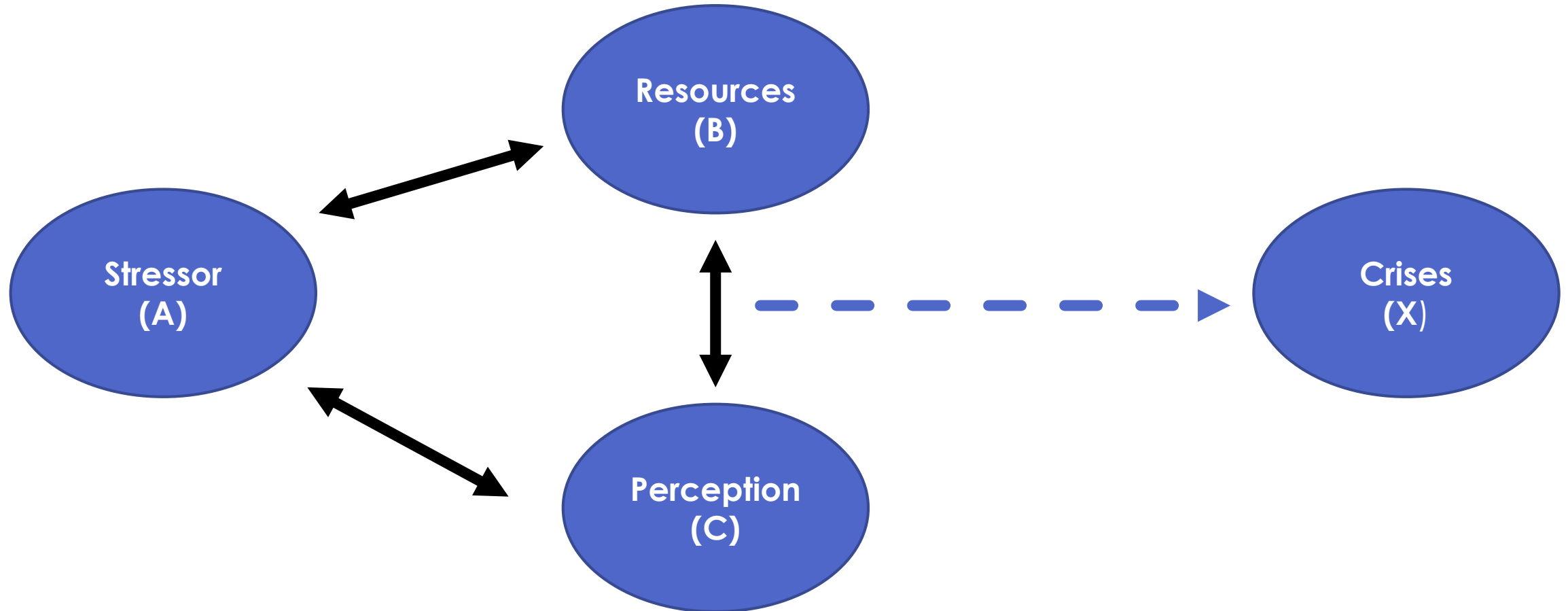
Challenges & Stressors of F/A Journey



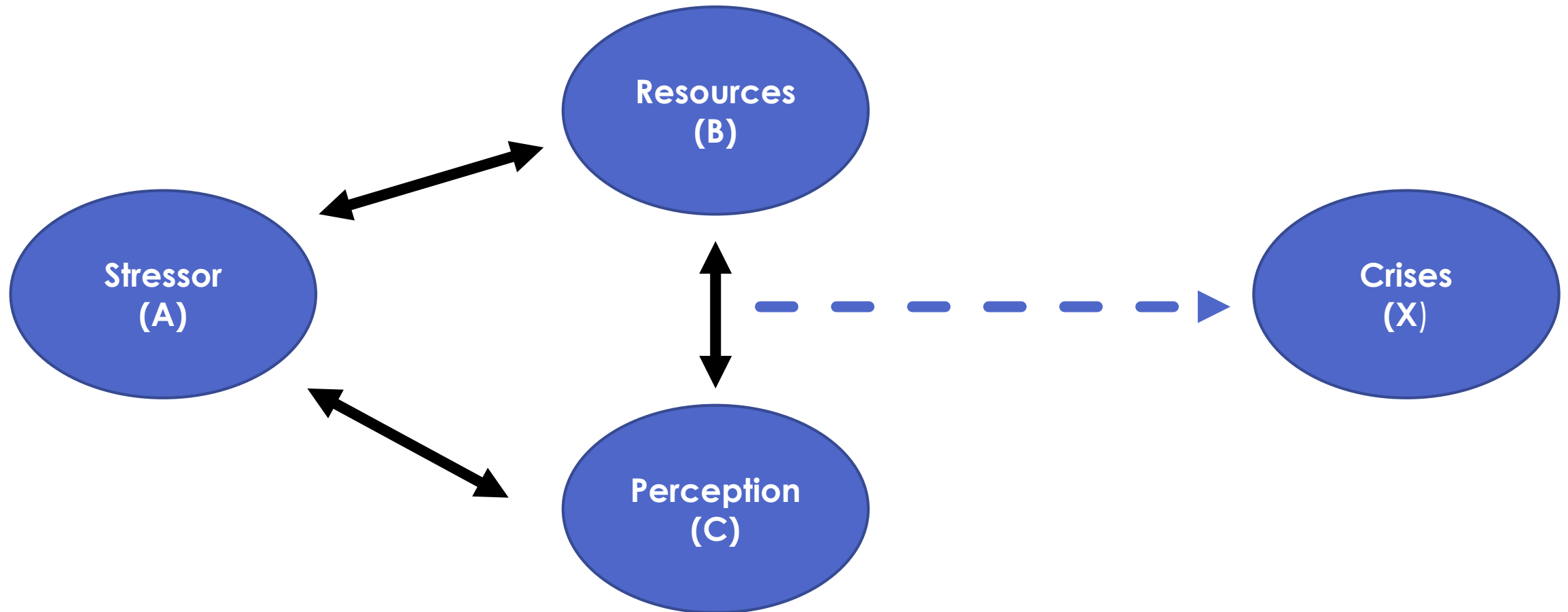
- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality



ABC-X model of Family Stress



ABC-X model of Family Stress



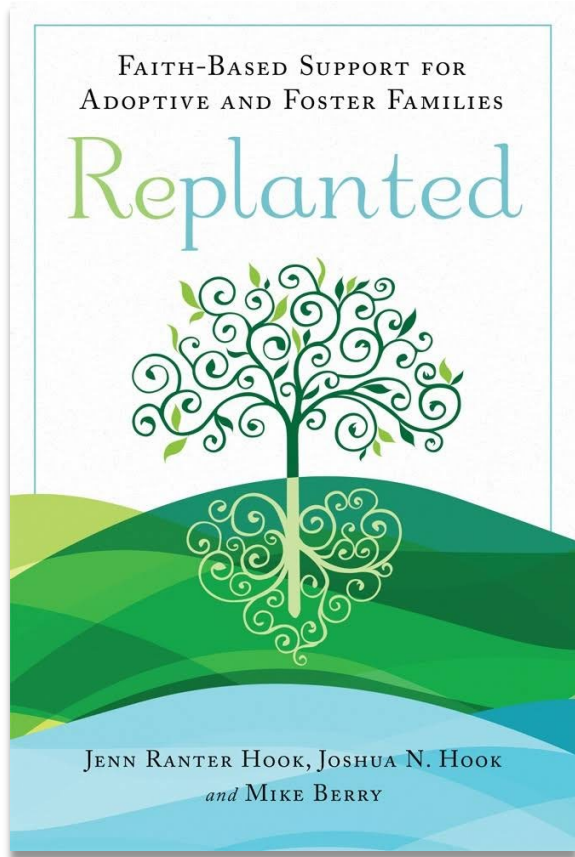


Life in the Trenches: Parenting & Family System

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
- ▶ **Parenting**
- ▶ **Family system**
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality

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?



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

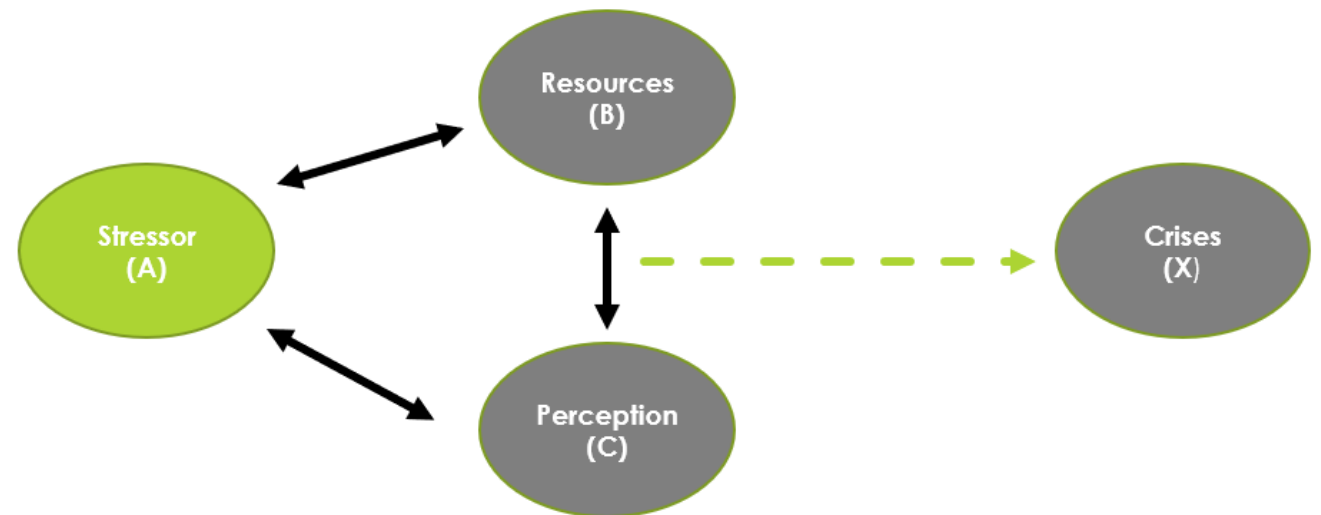
- ▶ The R's of bio family OR foster placement family
- ▶ Onboarding: Introducing the child to *your* family R's
- ▶ Disembarking: Preparing children to leave *your* family for

What is your
experience
with these
stressors?



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



Supports: Resources & Perceptions

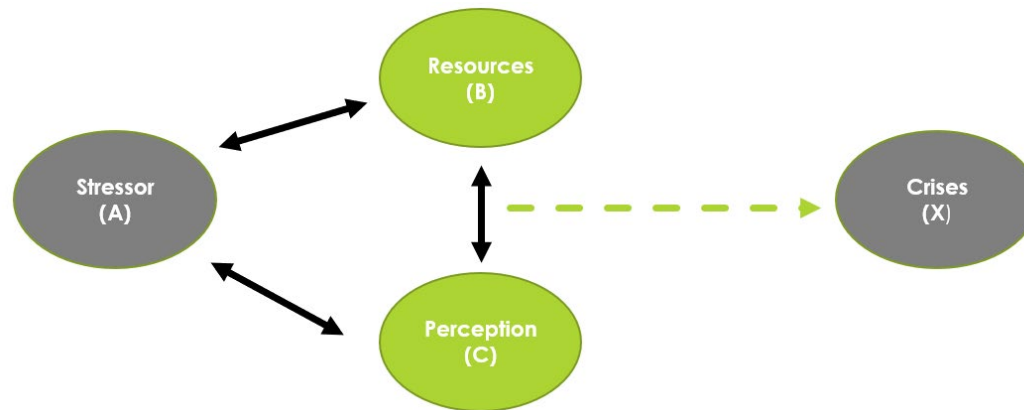
RESOURCES:

▶ 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



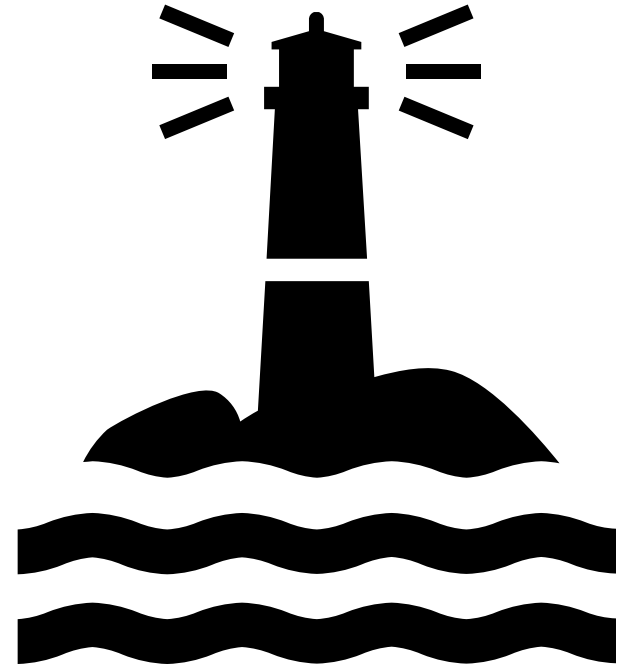
Justice



Faithfulness

Hope

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



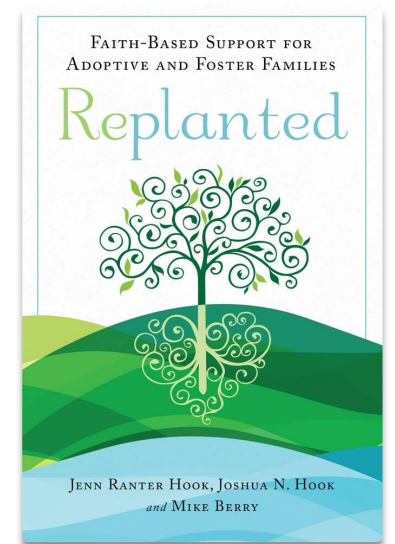


Resources

- ▶ **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* (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



ABC-X model of Family Stress

