

## 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.

1

## Session 5: Learning Objectives

- ▶ Review ABC-X Model
- ▶ Identify the stressors of the service system.
- ▶ Describe the type of stressor.
- ▶ Discuss the supports available to the family.

2

## Life in the Trenches: Foster & Adoption Stress Management

KAREN MELTON, PHD  
 NICOLE MCANINCH, PHD, CFLE  
 BAYLOR UNIVERSITY

3

## Caring for Vulnerable Children Is Beautiful & Challenging

4

## Values in Foster & Adoption Care



Love



Justice



Faithfulness

5

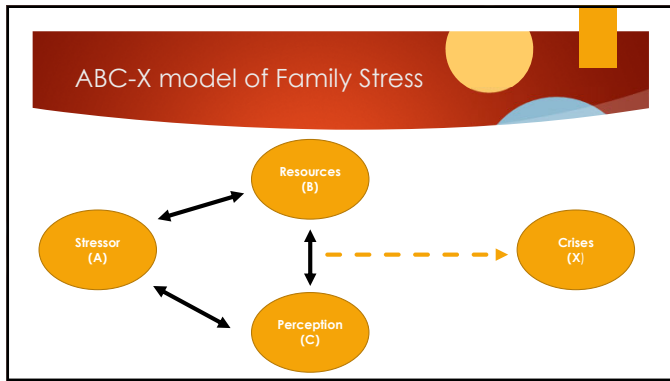
## Challenges & Stressors of F/A Journey



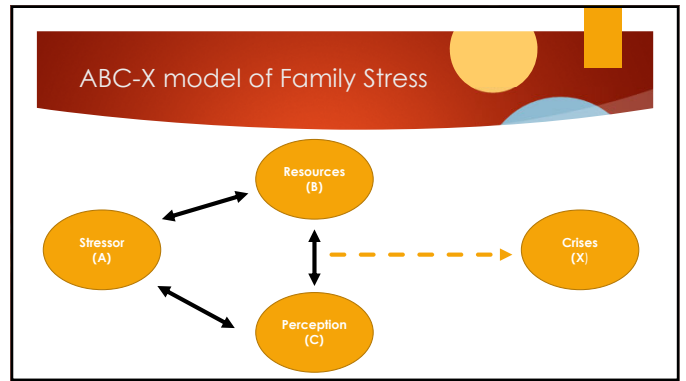
- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Spirituality



6



7



8

### Supports: Resources & Perceptions

**RESOURCES:**

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

**PERCEPTIONS:**

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

9

### Helpful Supports

<p><b>Type of Support</b></p> <ul style="list-style-type: none"> <li>▶ Emotional supports</li> <li>▶ Tangible/Instrumental supports</li> <li>▶ Informational/Cognitive supports</li> </ul>	<p><b>Source of Support</b></p> <ul style="list-style-type: none"> <li>▶ Personal</li> <li>▶ Family</li> <li>▶ Community</li> <li>▶ Spiritual</li> </ul>
--	--

10

### Life in the Trenches: Service System

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

11

### Challenges & Stressors of F/A Journey

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

12

## Stressors: A "Broken" Service System

- ▶ **Service System:**
  - ▶ the government, non-profit, and for-profit organizations that work together to help with foster care and adoption
  - ▶ foster care and adoption placement agencies, CPS, caseworkers, lawyers, judges, court, CASAs, ministries, support groups, etc.
- ▶ **Sources of "Service System" Stress**
  - ▶ The Preparation: Getting Trained, Preparing the home, Home study, Licensing, etc.
  - ▶ The Child(ren): Not enough information, Saying Yes & No to vulnerable children
  - ▶ The Requirements: changes to home/life, appointments, visits, surprise visits, ...
  - ▶ The People: Caseworkers (turnover), bio family, Lawyers, Judges, CASA ...
  - ▶ The Expenses: private adoption, medical costs, etc.

13

## Classifications of Stressors: Service System

- ▶ **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

14

## Stressors: A "Broken" Service System

- ▶ **Service System:**
  - ▶ the government, non-profit, and for-profit organizations that work together to help with foster care and adoption
  - ▶ foster care and adoption placement agencies, CPS, caseworkers, lawyers, judges, court, CASAs, ministries, support groups, etc.
- ▶ **Sources of "Service System" Stress**
  - ▶ The Preparation: Getting Trained, Preparing the home, Home study, Licen
  - ▶ The Child(ren): Not enough information, Saying Yes & No to vulnerable ch
  - ▶ The Requirements: changes to home/life, appointments, visits, surprise visits, ...
  - ▶ The People: Caseworkers (turnover), bio family, Lawyers, Judges, CASA ...
  - ▶ The Expenses: private adoption, medical costs, etc.

What is your experience with these stressors?

15

## Discussion: Helpful Supports

What supports have helped you manage the stressors of service system in your F/A journey?

<p><b>Type of Support</b></p> <ul style="list-style-type: none"> <li>▶ <b>Emotional supports</b> <ul style="list-style-type: none"> <li>▶ help us feel like we are not alone</li> <li>▶ Friends/family, support groups, therapist</li> </ul> </li> <li>▶ <b>Tangible/Instrumental supports</b> <ul style="list-style-type: none"> <li>▶ helps us meet our daily needs</li> <li>▶ foods, supplies, toys, babysitting</li> </ul> </li> <li>▶ <b>Informational/Cognitive supports</b> <ul style="list-style-type: none"> <li>▶ helps us understand how to handle our situation better</li> <li>▶ training, education, books, etc.</li> </ul> </li> </ul>	<p><b>Source of Support</b></p> <ul style="list-style-type: none"> <li>▶ <b>Personal</b> <ul style="list-style-type: none"> <li>▶ Within ourselves—characteristics, traits, knowledge, skills</li> </ul> </li> <li>▶ <b>Family</b> <ul style="list-style-type: none"> <li>▶ Partner, kids, extended family</li> </ul> </li> <li>▶ <b>Community</b> <ul style="list-style-type: none"> <li>▶ Agencies, Ministry/Church, Caseworkers, CPS</li> </ul> </li> <li>▶ <b>Spiritual</b> <ul style="list-style-type: none"> <li>▶ God, Jesus, Holy Spirit, Bible</li> </ul> </li> </ul>
---	--

16

## A message of hope

17

## Values in Foster & Adoption Care

Love	Justice	Faithfulness

18



19

## Resources

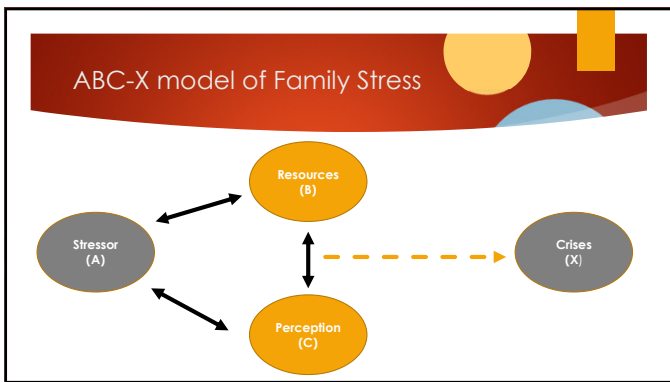
- ▶ Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.

*Other Supporting Resources*

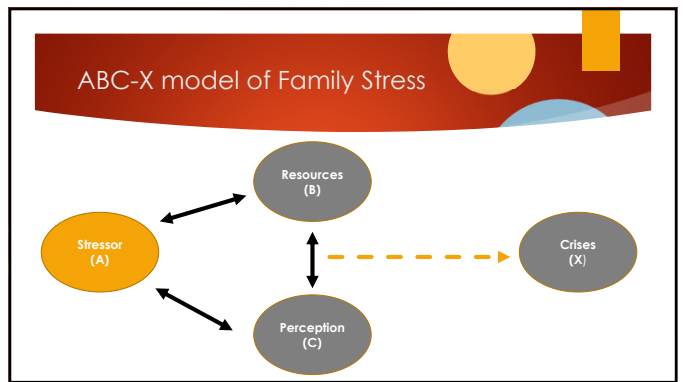
- ▶ Boss, P., Bryant, C. M., & Mancini, J. A. (2016). *Family stress management: A contextual approach*. Sage Publications.
- ▶ Day, R. D. (2010). *Introduction to family processes* (5th ed.). Routledge Publishing.
- ▶ Hill, R. (1949). *Families under stress: Adjustment to the crisis of war separation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



20



21



22