

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 6: Learning Objectives

- ▶ Review ABC-X Model
- ▶ Identify the stressors from culture, community, and the church.
- ▶ 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

Hook, et al. (2019)

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Challenges & Stressors of F/A Journey

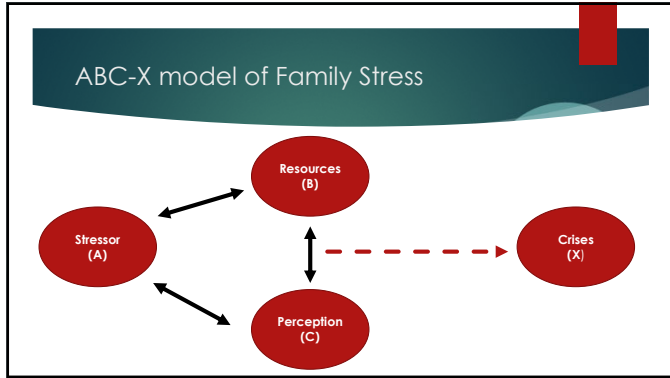


- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ Cultural context
- ▶ Community
- ▶ Church/Spirituality

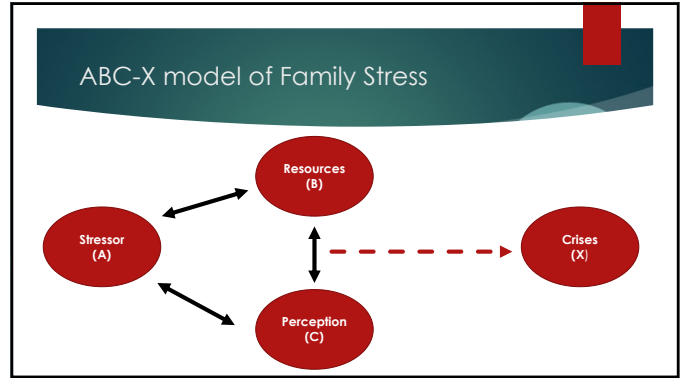


Hook, et al. (2019)

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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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Helpful Supports

Type of Support

- ▶ Emotional supports
- ▶ Tangible/Instrumental supports
- ▶ Informational/Cognitive supports

Source of Support

- ▶ Personal
- ▶ Family
- ▶ Community
- ▶ Spiritual

Hill (1949); Hook, et al. (2019)

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Life in the Trenches: Culture, Community, & Church

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

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Stressors: Culture, Community, Church

- ▶ **Sources of "Culture, Community, & Church" Stress**
 - ▶ Stigma of being an F/A family; insensitive/ignorant comments
 - ▶ Helping our children figure out how to tell their story
 - ▶ Helping children with different race/ethnicity with their identity (& hair)
 - ▶ Lack of good role models for what F/A family life looks like
 - ▶ Role ambiguity as a F/A parent
 - ▶ Employment support—e.g., no FMLA
 - ▶ Lack of rituals—e.g., no baby shower; no baby/child dedication to the Lord
 - ▶ Feeling abandoned by God and the church in doing His work

What is your experience with these stressors?

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Classifications of Stressors: Culture, Community, & Church

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

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            graph LR
            A((Stressor A)) --> R((Resources R))
            A --> C((Perception C))
            R --> K((Crisis K))
            C --> K
            
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How do you handle these stressors?

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Discussion: Helpful Supports

What supports have helped you manage the stressors from culture, community, and the church in your F/A journey?

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

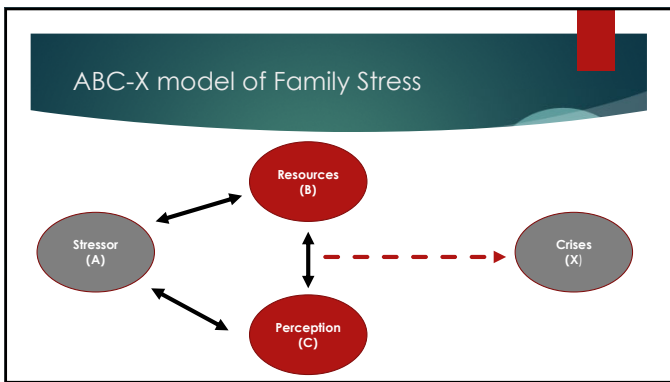
- ▶ Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.

Other Supporting Resources

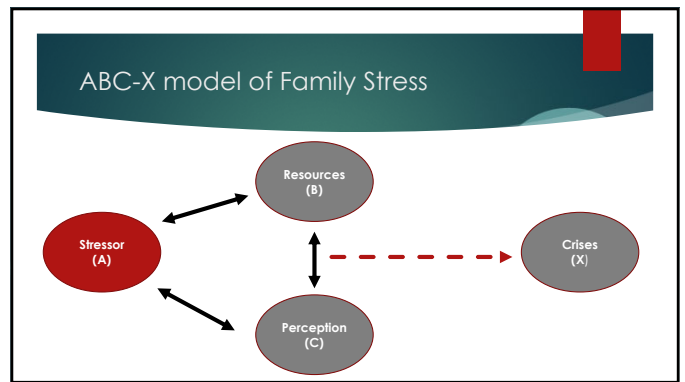
- ▶ Boss, P., Bryant, C. M., & Mancini, J. A. (2016). *Family stress management: A contextual approach*. Sage Publications.
- ▶ Day, R. D. (2010). *Introduction to family processes* (5th ed). Routledge Publishing.
- ▶ Hill, R. (1949). *Families under stress: Adjustment to the crisis of war separation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



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