

# 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 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.




# Life in the Trenches: Foster & Adoption Stress Management

KAREN MELTON, PHD

NICOLE MCANINCH, PHD, CFLE

BAYLOR UNIVERSITY



# Caring for Vulnerable Children Is Beautiful & Challenging

# Values in Foster & Adoption Care



Love



Justice

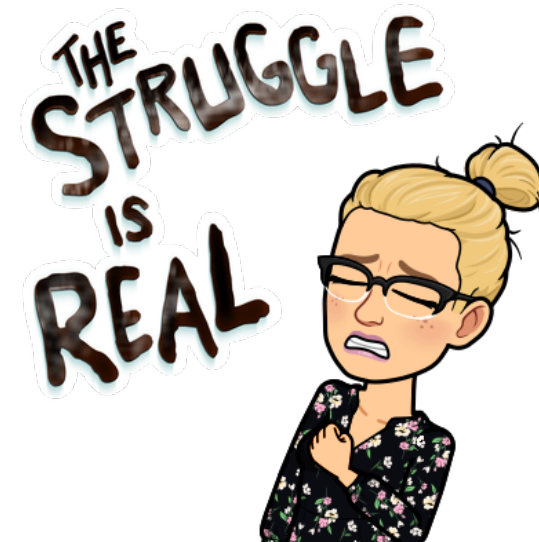


Faithfulness

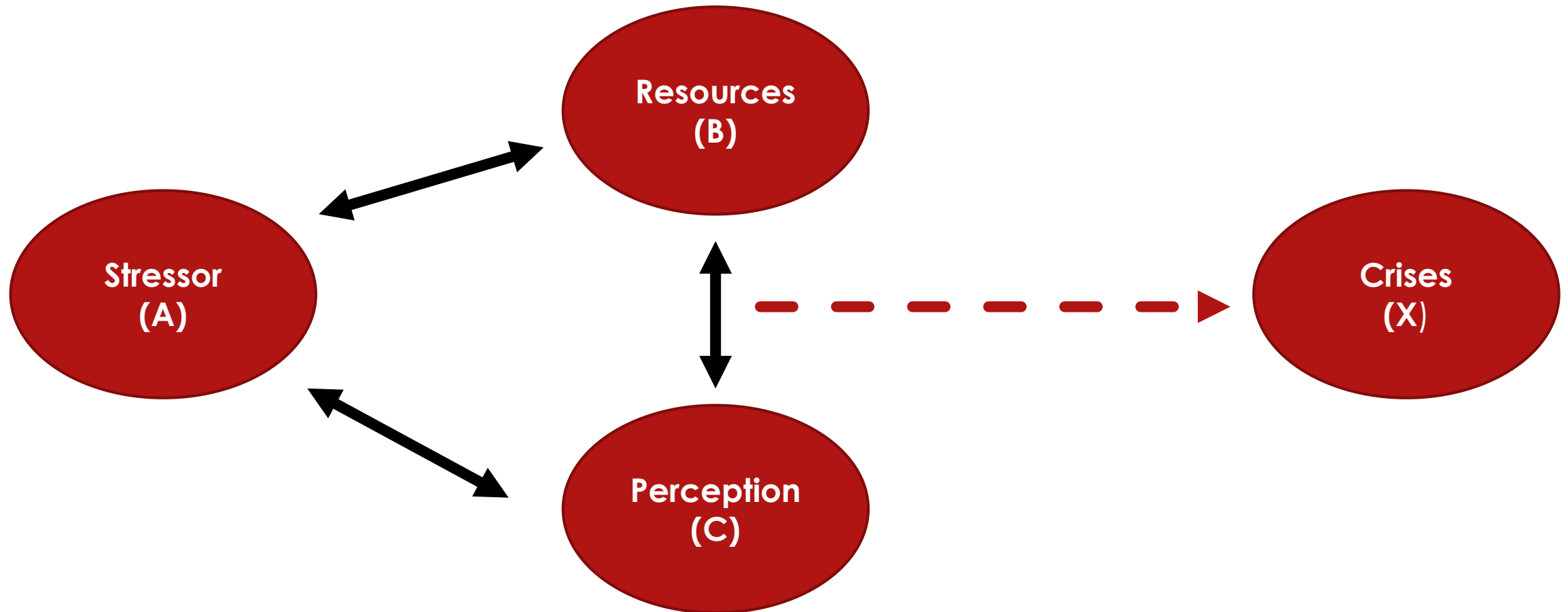
# Challenges & Stressors of F/A Journey



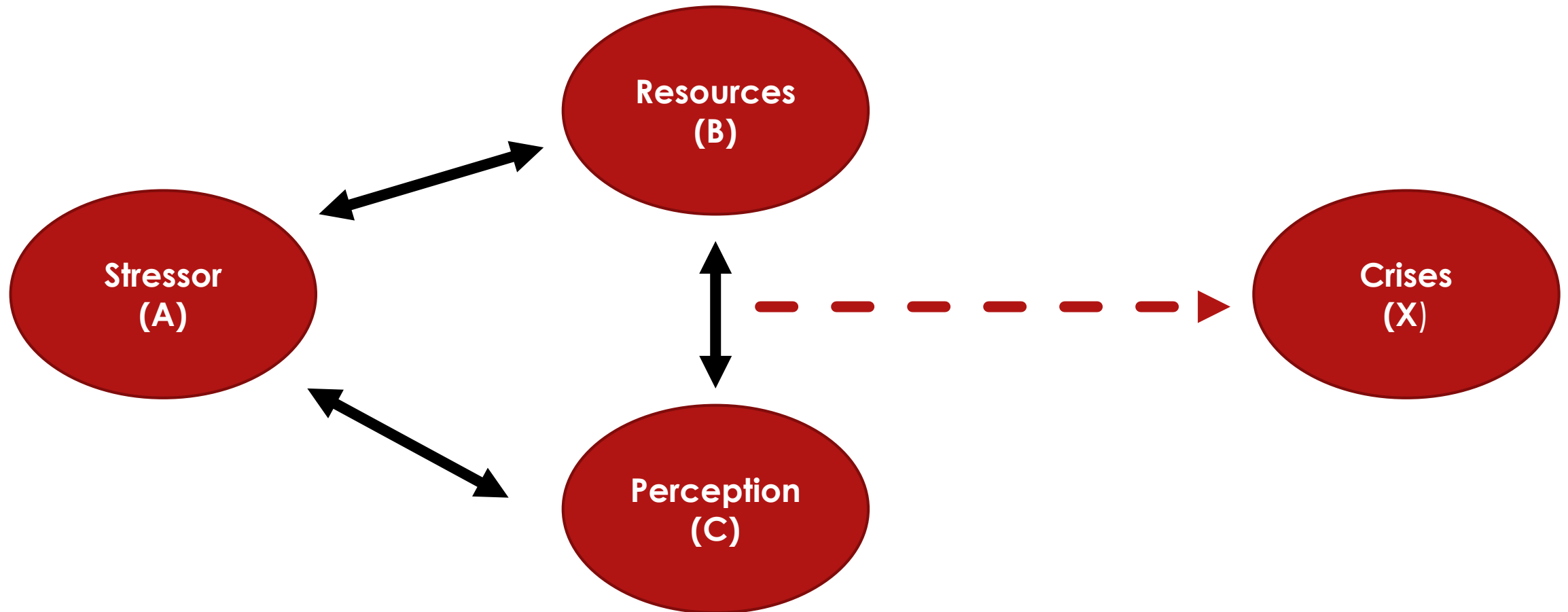
- ▶ Trauma
- ▶ Attachment
- ▶ Family system
- ▶ Parents
- ▶ Service system
- ▶ **Cultural context**
- ▶ **Community**
- ▶ **Church/Spirituality**



# ABC-X model of Family Stress



# ABC-X model of Family Stress





# Supports: Resources & Perceptions

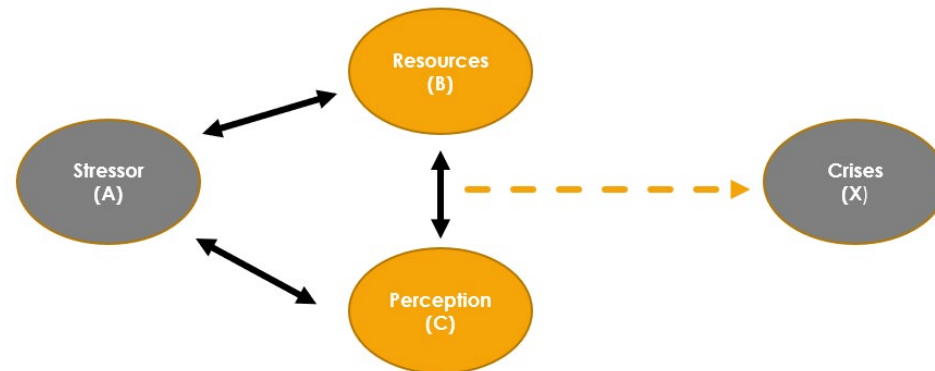
## RESOURCES:

### ▶ Type

- ▶ Instrumental
- ▶ Emotional

### ▶ Source

- ▶ Personal
- ▶ Family
- ▶ Community



## PERCEPTIONS:

### ▶ Context

- ▶ Relational
- ▶ Emotional
- ▶ Spiritual

### ▶ Cognition

- ▶ Appraisal
- ▶ Outlook

### ▶ Communication

- ▶ Self-Fulfilling Prophecies

# Helpful Supports

## Type of Support

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

## Source of Support

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

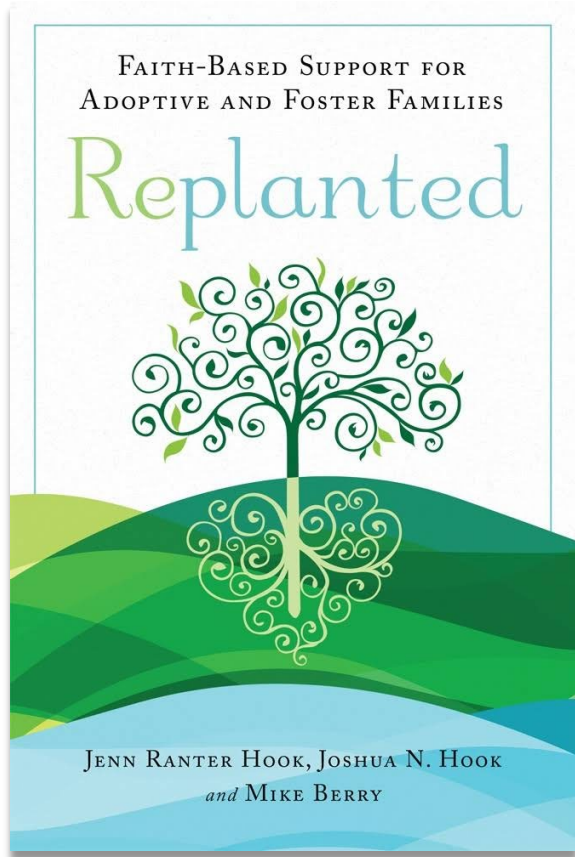


# Life in the Trenches: Culture, Community, & Church

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

*- Jen R. Hook*

# Challenges & Stressors of F/A Journey



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

# Stressors: Culture, Community, Church

## ▶ Sources of “Culture, Community, & Church” Stress

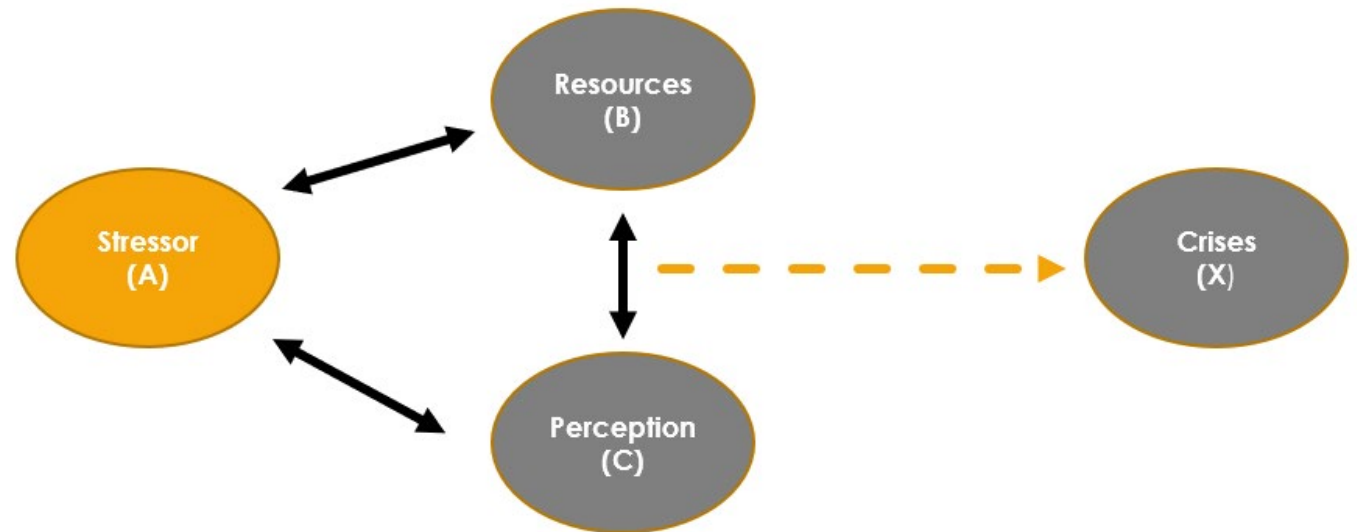
- ▶ Stigma of being an F/A family; insensitive/ignorant comments
- ▶ Helping our children figure out how to tell their story
- ▶ Helping children with different race/ethnicity with their identity (& hair)
- ▶ Lack of good role models for what F/A family life looks like
- ▶ Role ambiguity as a F/A parent
- ▶ 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?**



# 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



# 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)
- ▶ Role ambiguity as a F/A parent
- ▶ Lack of good role models for what F/A family life looks like
- ▶ 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

How do you  
handle  
these  
stressors?





# Discussion: Helpful Supports

What supports have helped you manage the stressors from **culture, community, and the church** 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



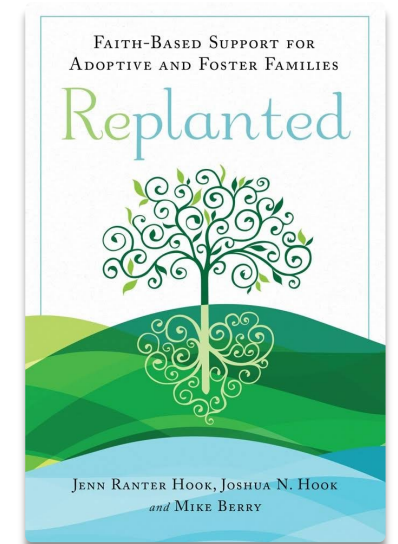
Hope

# Resources

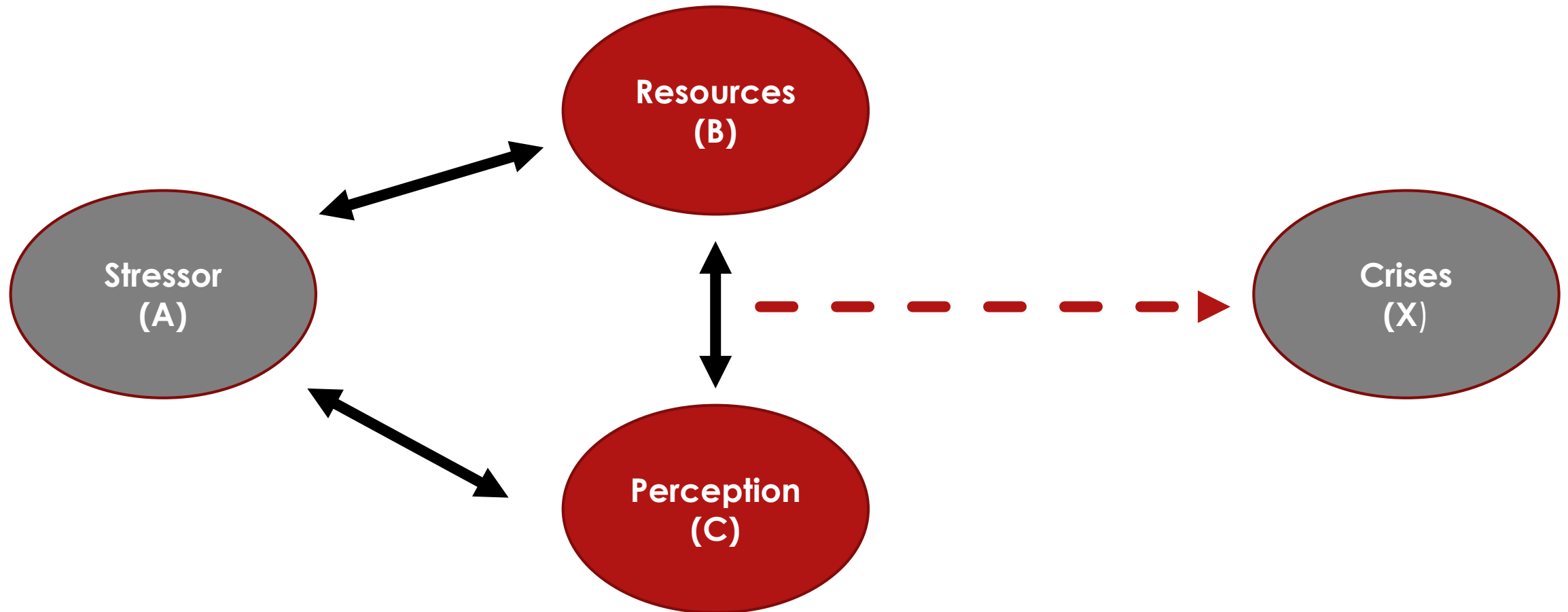
- ▶ **Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.**

## *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



# ABC-X model of Family Stress

