

Assessment of Post-Adoption Resources in Carbon and Emery Counties 2007

INFORMATION AND RESOURCES

- Adoption Exchange has a toll free number and website for information and resources about post-adoption information and services throughout the state of Utah. The information gathered during the assessment of post-adoption resources for each region of Utah will be available on the Adoption Exchange website. They can be reached at 1-866-872-7212 or www.utdcfsadopt.org/.
- Adoption Connection Newsletter is sent to all DCFS adoptive families receiving subsidy. The newsletter is designed to have current Utah-specific information regarding resources and adoption issues.
- Utah Cares at www.utahcares.utah.gov has many human service resources throughout Utah. To contact them by telephone call 211.

SUPPORT GROUPS

Cluster Groups

- A Cluster Support Group in Carbon and Emery Counties is facilitated by Glenna Sasser. She can be reached at 435-748-2626.
- Utah Association of Foster and Adoptive Parents (UFAFA) is an advocacy group for foster and adoptive parents. Karen Sitterud is the UFAFA contact person for Southwest and Eastern Utah. She can be reached at 435-748-5053.
- An Adoption Support group operates out of LDS Family Services in Price for members of the LDS faith. They can be contacted at 435-637-2991.
- An Adoption Support person for Carbon and Emery Counties is Karen Sitterud, an adoptive parent. Her number is 435-748-5053.

Specialized Groups

- The Frontier Project is looking into starting a support group for parents who have children who are severely emotionally disturbed. They can be contacted at 435-637-2358.

Children's Support Groups

- Carbon and Grand Counties have many groups for children such as 4-H, Rodeo, and Scouts.
- GAP:** There are no known regularly scheduled support groups for children who have been adopted.

Chat Rooms

- Adoption Exchange has links to nationally based chat rooms for adoptive parents at www.utdcfsadopt.org/.

Culture Groups

- Families for African American Awareness meet several times a year. The contact person is Stacy Farmer at 801-299-0673.
- India support group is comprised of parents who have adopted children from India. They meet for potluck dinners or picnics several times a year. Contact Joan Auger at 801-547-0852.
- Korean Culture Camp has an organized camp once a year for children adopted from Korea. Families meet another time for a potluck dinner. Contact Gary or Beth Beutler at 801-280-6559.
- Russian Adoption Support meets quarterly for educational classes and family activities. Contact Jenny Davis at 801-222-8897.
- South American Culture Group meets twice a year for family activities. Contact Keith or Kathy Syndergaard at 801-756-5656.

RESPIRE CARE

1 - 4 Hour Scheduled Respite

- Informal supports such as relatives, friends, or church members are used for respite care by most parents in Carbon and Emery Counties.
- Common activities such as scouts, sports, and church activities can provide regular breaks for parents while their children are involved in the programs. They have soccer, little jazz basketball, baseball, softball, and volleyball in which many parents are given breaks while other parents participate with the children.
- Many parents throughout the state use child care to give them regular respite from the demands of raising their children. The Eastern Region Child Care Resource and Referral program has a computerized database of all the licensed child care in the Eastern Region. There are child care providers who provide child care after school, on a drop-in basis, and provide summer programs. Some Carbon and Emery Counties School Districts have summer school programs for children in 1st - 6th grades. Some of these programs accommodate children up to ages 12 or 13. A parent can arrange daily after school or summer programs or can arrange for care 1 - 4 days a week. Some providers have structured programs with low adult to child ratios and many have special training to help them with the difficult to manage children. Costs vary. Contact the Eastern Region Child Care Resource and Referral program at 1-888-637-4786, 435-613-5619, or www.ceu.edu/childcare for referral information.
- Cluster group members have exchanged respite care for each other. Cluster group members are familiar to the family. The care is provided by a cluster member who may have experience with children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)
- The Family Support Center in Price can provide respite care for children infants - 11 years old. They can provide a break from 1 - 72 hours depending on available space. They can be contacted at 435-637-0268.
- The Family Support Center in Price coordinates an in-home respite program for adoptive children. Contact them at 435-637-0268 for more information.

Day Breaks

- Informal supports such as relatives, friends, or church members are used for respite care by most parents in Carbon and Emery Counties.
- Many parents throughout the state use child care to give them regular respite from the demands of raising their children. The Eastern Region Child Care Resource and Referral program has a computerized database of all the licensed child care in the Eastern Region. There are child care providers who provide child care on a drop-in basis, and also provide summer programs. Some Carbon and Emery Counties School Districts have summer school programs for children in 1st - 6th grades. Some of these programs accommodate children up to ages 12 or 13. A parent can arrange daily summer programs or can arrange for care 1 - 4 days a week. Some providers have structured programs with low adult to child ratios and many have special training to help them with the difficult to manage children. Costs vary. Contact the Eastern Region Child Care Resource and Referral program at 1-888-637-4786, 435-613-5619 or www.ceu.edu/childcare for referral information.
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- The Family Support Center in Price can provide respite care for children infancy - 11 years old. They can provide a break for up to 72 hours, depending on available space. Contact them at 435-637-0268.

Overnight Breaks - Weekend Breaks

- Informal supports such as relatives, friends, or church members are used for respite care by most parents in Carbon and Emery Counties.
- Cluster group members have exchanged respite care for each other. Cluster group members are familiar to the family. The care is provided by a cluster member who may have experience with

children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents. Foster parents cannot exceed their licensing numbers to do respite care.)

- The Family Support Center in Price can provide respite care for children infancy - 11 years old. They can provide a break for up to 72 hours, depending on available space. Contact them at 435-637-0268.

Parent - to - Parent

- Informal supports such as relatives, friends, or church members are used for respite care by most parents in Carbon and Emery Counties.
- Cluster group members have exchanged respite care for each other. Cluster group members are familiar to the family. The care is provided by a cluster member who may have experience with children with similar behaviors. (Adoptive parents would have to get a Respite Care license if they wanted to be available for respite care exchange with foster parents.)

Immediate Crisis Respite

- The Family Support Centers were designed to provide immediate crisis respite care for children infancy - 11 years old. They can provide a break for up to 72 hours. Contact them at 435-637-0268.

GAP: There is nothing available for immediate crisis respite care for children over the age of 11 years old in Carbon or Emery Counties.

MENTAL HEALTH SERVICES

Counselors who Specialize in Adoption

- Four Corners Behavioral Health Center, the Medicaid provider in Carbon and Emery Counties, has many therapists who attended an AdoptCare workshop regarding mental health issues for adopted youth and their families. They have a therapist named Dr. Kyle Elders, a Ph.D. psychologist, who has received specialized training in adoption issues.

Note: Four Corners Behavioral Health would be open to working with an adoptive parent as an adoptive parent mentor for a Response Team Model.

Family Focused Treatment

- Four Corners Behavioral Health Center, the Medicaid provider in Carbon and Emery Counties, works with the Frontier Project using a model that uses a home-based, whole family approach to provide counseling and wrap around services that may be needed. The model is a strengths-based model. Contact them at 435-637-2358.
- DCFS works through the Frontier Grant to facilitate support teams for wrap around services for families. Contacted the DCFS office at 435-636-2360.

Home-Based

- Four Corners Behavioral Health Center, the Medicaid provider in Carbon and Emery Counties, works with the Frontier Project using a model that uses a home-based, whole family approach to provide counseling and wrap around services that may be needed. The model is a strength based model. Contact them at 435-637-2358.

Respond Within 24 Hours to Crisis

- Four Corners Behavioral Health Center, the Medicaid provider in Carbon and Emery Counties, has a 24-hour crisis line for families to get in touch with a counselor to work with an adoptive family.
- DCFS in Carbon and Emery Counties both have a 24-hour crisis number.

Family Preservation

- DCFS in both Carbon and Emery Counties have Family Preservation workers in their offices. Contact the DCFS office in Price at 435-636-2360 or the DCFS office in Castle Dale at 435-381-4730.

After School and School Treatment Programs

- All the schools in Price have special education teachers and most schools have school counselors.
- Four Corners Behavioral Health provides a Behaviorally Disordered unit in the middle school in Carbon County. The unit can also serve elementary aged children.
- Four Corners Behavioral Health in Carbon County provides several after school groups, some of them are held in the schools. They provide a group for youth with behavioral disorders, a group for youth with ADHD, and a group for substance abusing youth. The groups are for youth ages 6 - 14 years of age.
- The Light House program is an alternative school for teenagers who have been abusing substances. The program encompasses mental health treatment, education, and recreation.

Residential Treatment

- There are no residential treatment programs paid through Medicaid in Carbon or Emery Counties. If a child is a threat to self or others they may be admitted to a hospital until he or she is considered stabilized.
- There are residential treatment programs throughout the state for private payment. Medicaid carve-out may apply to qualifying private treatment programs for adopted youth.