

Assessment of Post-Adoption Resources in Daggett, Duchesne, and Uintah 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/.
- 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

- One cluster group in Roosevelt is facilitated by Raquel. Raquel can be reached at 435-722-3841.

Specialized Groups

- The Family Support Center of Uintah Basin has Parent Education classes and Couple Relationship (PREP) classes. They are available at no charge. Space and staff availability are limited. Call 435-722-2401.
- No specialized groups for families are known in Northeastern Utah. CHADD and Parent Center have come to present to groups when invited, but do not have chapters operating in Northeastern Utah.

GAP: There are no known specialty groups for families. There is no parenting group for families with troubled teenage youths.

Children's Support Groups

- Northeastern Region has after school and summer programs called "Connections" sponsored through their schools. The programs include activities for ages five years old through adulthood.

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 cultural 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 them 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

- Common activities such as scouts, sports, 4-H, and church activities can provide regular breaks for parents while their children are involved in the programs.

- Connections program in the Northeastern Region schools provide activities for five years old through adulthood. The activities vary and there is **no cost** for participating.
- Informal supports such as relatives, friends, or church members are used for respite care by most adoptive parents in Daggett, Duchesne, and Uintah Counties.
- Cluster group members could exchange respite care for each other. Cluster group members would be familiar to the family. The care would be 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.)
- 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 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 or www.ceu.edu/childcare,
- The Family Support Center of Uintah Basin in Roosevelt will provide scheduled respite care for children ranging in age from infants through 11 years old. They normally provide 8 hours of scheduled breaks each month; however, they prefer that only a few hours at one time are used for the comfort of the children. They will try to accommodate the family's requests for more hours depending on available space and needs of the parents. They can take all children in the family who are infants through 11 years old. They can be contacted at 435-722-2401.
- DCFS offices in Roosevelt, Fort Duchesne, and Vernal can help arrange respite care for adoptive parents when they are in crisis. Respite care breaks range from hours to weekends. DCFS works with the adoptive family to find a respite care provider to come into the adoptive family's home or another family who will take children into their home. If respite care is going to be a financial strain on the adoptive family, the family can ask the subsidy committee for a one-time subsidy or additional monthly subsidy. Contact Fred Butterfield in the DCFS office in Roosevelt at 435-722-6550.

Day Breaks

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Overnight Breaks - Weekend Breaks

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- 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 overnight child care. Costs vary. Contact the Eastern Region Child Care Resource and Referral program at 1-888-637-4786 or www.ceu.edu/childcare.
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Parent - to - Parent

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Immediate Crisis Respite

- The Family Support Centers were designed to provide immediate crisis respite care for children ranging in age from infants through 11 years old. They can provide a break for up to 72 hours. Contact the Roosevelt location at 435-722-2401.

GAP: The only immediate crisis respite care for youth over the age of 11 years old in Daggett, Duchesne, and Uintah Counties is available by calling the local DCFS office and having them arrange crisis respite through Split Mountain Youth Center in Vernal. Parents cannot access this service without a DCFS worker making the request.

MENTAL HEALTH SERVICES

Counselors who Specialize in Adoption

- Northeastern Counseling Centers in Vernal and Roosevelt, the Medicaid providers, have many therapists who attended an AdoptCare workshop regarding mental health issues for adopted youth and their families. The Roosevelt office contracts with a private practitioner, Howard Wagstaff, LPC, who is more specialized in adoption issues.
- Ashley Family Clinic has a psychologist, Dan Goodkind, who specializes in foster and adoption issues. He would be interested in educational opportunities that would further his knowledge and understanding. He is participating in the Primary Children's Medical Center's program, Child Trauma

Treatment Network, which is aimed at establishing a network of therapist who specializes in the treatment of children who have been traumatized.

Note: Both Northeastern Counseling Centers and Ashley Family Clinic would be open to working with an adoptive parent as an adoptive parent, peer-mentor for the Response Team Model.

Family Focused Treatment

- Northeastern Counseling Centers in Vernal and Roosevelt, the Medicaid providers, can work with the whole family. Each therapist determines how to work with the child or family. Call the Vernal office at 435-789-6300 or the Roosevelt office at 435-722-2855.
- Ashley Family Clinic works with the whole family and sees separate members of the family as therapy warrants. Call Ashley Family Clinic in Vernal at 435-781-8000.
- Family Support Center in Roosevelt conducts therapeutic parenting groups and referrals as needed. Call 435-722-2401.

Home-Based

- Northeastern Counseling Center in Vernal, the Medicaid provider, has caseload constraints that do not allow them to conduct home-based therapy in their region of the state that encompasses such a vast area. The Roosevelt office has the same concerns and constraints; however, they have conducted home-based therapy occasionally as needed.
- Ashley Family Clinic provides some home-based therapy when needed.
- DCFS can do home-based interventions for families when requested for the stability of the family.

Respond Within 24 Hours to Crisis

- Northeastern Counseling Centers in Vernal and Roosevelt, the Medicaid providers, have a 24-hour crisis line. The therapist for the adoptive family could be reached if pre-arranged by the therapist on a case-by-case basis. This is not the regular practice of the Northeastern Counseling Centers.
- Ashley Family Clinic provides a 24-hour crisis number for families with whom they are currently working.
- DCFS in Daggett, Roosevelt, and Uintah Counties each have 24-hour crisis numbers. If an adoptive parent has been working with a specific DCFS worker, the 24-hour on-call worker can try to get in contact with that worker.

Family Preservation

- Neither the DCFS offices nor Northeastern Counseling Center have an intensive, multi-weekly Family Preservation Model in the Northeastern Region of Utah. The Roosevelt Mental Health office has done some intensive multi-weekly intervention to stabilize a family that is in crisis.

After School and School Treatment Programs

- Northeastern Counseling Center in Vernal has an after school program called HEROs. The program is geared for youth who are having behavioral problems associated with ADHD or for those who are generally acting out. It is for children 5 - 13 years old and runs three days a week. The program provides behavioral management as well as therapy. A counselor works with the child's parents to help them set up a plan for the child in their home.
- Northeastern Counseling Center in Roosevelt is starting a group for children who have affective disorders, such as depression or anxiety. It will run 2 days a week for 2 hours each day. Parents are invited to attend the group sessions to better understand how to help their child. The child and family are also involved in individual or family therapy.

Residential Treatment

- There are no residential treatment programs paid through Medicaid in Daggett, Roosevelt, or Uintah Counties. If a child is a threat to self or others, Northeastern Counseling Centers have contracts with Utah Valley Regional Hospital in Provo or University Neuropsychiatric Institute in Salt Lake City for Medicaid paid psychiatric hospitalization.
- There are residential treatment programs for private payment throughout Utah. Medicaid carve-out may be applied to qualifying private treatment programs for adopted youth.