

# Foster Parents Change Lives



## UPCOMING EVENTS

### Raleigh/Fayetteville Region

Foster Parent

Orientation:

10/24 6-8pm

10/29 10-12pm & 6-8pm

VIRTUAL

Foster Parent Preservice  
will begin on November 5

Contact Amanda Jones  
for  
more information:  
[ajones@lscarolinas.net](mailto:ajones@lscarolinas.net)

**Everyone at LSC is praying for those impacted by Hurricane Helene. If you have been relocated, please inform your case manager where you are, if you are doubled up with family, etc.**

**Please reach out to our staff if you have any needs.**

**Foster Family Alliance is actively helping resource families in need of assistance due to the impact of Hurricane Helene in Western NC. If you would like to donate specifically to FFA's Hurricane Helene relief efforts- please click [HERE](#) and know that your donation will be directed to relief efforts for these families.**

# FROM THE CLINICAL DIRECTOR

-ROSEINA BRITTON

This month, I want to focus on a topic that may resonate with many of you; parenting children with Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), and Conduct Disorder. These diagnoses can bring unique challenges, and I know how difficult it can be when you're navigating behaviors that seem overwhelming or hard to manage. First and foremost, I want you to know that you are seen, appreciated, and supported in this journey. Your commitment to creating a safe and loving environment for the children in your care is deeply valued.

## UNDERSTANDING ADHD, ODD, AND CONDUCT DISORDER:

Children with ADHD, ODD, and Conduct Disorder may exhibit behaviors that are difficult to interpret. These behaviors are often their way of communicating or may be directly related to their diagnosis. ADHD is characterized by inattention, hyperactivity, and impulsivity, which can make it hard for children to focus or follow through on tasks. ODD often involves persistent defiance, irritability, and arguing with authority figures, while Conduct Disorder may involve more serious behaviors such as aggression or rule-breaking.

It's important to remember that these behaviors are not necessarily a reflection of the child's character or your parenting. Instead, they are linked to the neurological and emotional challenges these children are facing. This perspective can help foster patience and compassion as you work to support them.



# FROM THE CLINICAL DIRECTOR

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## Before You Put in Your 30-Days, Consider These Strategies:

I know that when faced with difficult behaviors, you might feel like you're running out of options. But before you decide to give up, I encourage you to consider the following strategies to help both you and your child work through the challenges together:

1. Establish Clear and Consistent Rules: Children with ADHD, ODD, or Conduct Disorder need structure. Set clear, concise rules for the household and stick to them. Consistency provides them with a sense of stability and helps reduce confusion about what is expected.
2. Positive Reinforcement: Praise and reward positive behaviors. Children with these diagnoses often hear more about what they're doing wrong than what they're doing right. Small rewards or verbal praise can go a long way in reinforcing good behavior and boosting their self-esteem.
3. Pick Your Battles: With ODD in particular, children may argue or defy authority often. Not every battle is worth fighting. Prioritize which behaviors to address and which to let go. This reduces conflict and focuses on more significant issues, helping the child feel less overwhelmed by constant correction.
4. Use Time-Outs and Breaks for Calming: Time-outs can be helpful, not as a punishment, but as a break for both you and your child to reset. Creating a "calm-down" space where they can retreat when emotions run high allows them to self-regulate and avoid escalation.
5. Practice Active Listening: Many of the behaviors you see may be the child's way of expressing unmet needs or frustrations. Take time to listen to what they're trying to communicate, even if it's through defiance or anger. Acknowledging their feelings, without necessarily agreeing with the behavior, can help them feel heard and understood.
6. Model and Teach Emotional Regulation: Children with these diagnoses often struggle with controlling their emotions. Modeling calm, regulated responses in stressful situations can help them learn how to respond appropriately. Additionally, teaching them strategies like deep breathing or counting to ten can empower them to manage their emotions.
7. Seek Professional Support: Don't hesitate to involve professionals if you need extra support. Therapy, particularly behavior therapy, can provide children with tools to manage their emotions and behaviors. It can also offer guidance for you as a foster parent on how best to respond to challenging situations.

**FROM THE  
CLINICAL DIRECTOR  
-CONTINUED**

PROVIDING A SAFE AND CARING ENVIRONMENT:

Children with ADHD, ODD, and Conduct Disorder are often navigating intense internal struggles. The behaviors you see are sometimes their way of communicating, and they need stability, support, and love now more than ever. It's not always easy, but by creating a safe and structured environment, you can help them feel secure and begin to trust in the consistency you provide.

Remember, these children need to know they are valued, even when their behavior is difficult. By remaining patient, compassionate, and consistent, you can provide the care and guidance they so desperately need.

WE ARE HERE TO SUPPORT YOU:

I know how challenging this journey can be, and I want to remind you that you are not alone. Our team is here to support you with resources, guidance, and encouragement every step of the way. Please don't hesitate to reach out if you need assistance or even just a listening ear. Your dedication to these children makes all the difference.

Thank you for all you do. The work you're doing is invaluable, and your effort does not go unnoticed. Together, we can make a lasting impact in the lives of these children.

Wishing you strength and support this month.

Peace, love and light,

Dr. Roseina Britton

Clinical Director, Lutheran Services Carolinas



## **Want to be part of a unique mentorship program?**

At Foster Family Alliance of North Carolina, in partnership with Alliance Health, we are excited to share about our Therapeutic Foster Care (TFC) coaching program! If you live in or care for a therapeutic child from Cumberland, Mecklenburg, Durham, Orange, Johnston, Wake, or Harnett county, we invite you to participate in this program designed to support families experiencing burnout, placement instability, and potential disruption.

**Purpose of the Program:** The TFC coaching program aims to support families by providing additional coaching to help prevent burnout and placement disruptions. This support focuses on the needs of the family rather than the child/youth in the home. While we will not provide direct guidance on individual cases, we encourage collaboration with your private agency, Guardian ad Litem (GAL), and county social worker. Our goal is to empower families with confidence, education, and encouragement to meet the needs of the TFC child/youth in their care.

While enrolled in the program, you'll experience access to coaching services and consultations/virtual meetings, ongoing encouragement through weekly calls, emotional and tangible support, mentorship, and education and resources.

Below are just some of the ways we've helped support families currently enrolled in the program:

- Self-Care routine development
- Identifying strengths and needs
- Gift cards, care packages, prepared meals, etc.
- Relationship building
- Collaborative problem-solving
- One-on-one outings with your mentor

If you are interested in enrolling, please reach out to Foster Care Administrative Support Specialist, Megan Lyda, at [mlyda@lscarolinas.net](mailto:mlyda@lscarolinas.net) to request the referral.

# **Welcome new staff!**



**Name: Michelle Crite**

**Region Served:  
Charlotte/Mecklenburg Co.**

**Position with LSC: Case  
Manager**

## **What is your why?**

**"I have been in various positions in the human services field for 20 years. Helping others has always come naturally to me. I genuinely enjoy going out of my way to assist others in whatever way I can. I enjoy being of service to others in the community."**



## Refer a Family



While the number of kids in care has continued to increase, the number of homes and beds available has stalled. We are on the road to changing that!

**DID YOU KNOW?** There are monetary \$\$\$ incentives for referring qualified family and friends to become foster parents? New foster parents are always welcome to the LSC foster care team and we want to reward you for your hard work identifying good parents for kids who come from challenging places.

Reach out to your case manager for additional details.

**\*The new foster parent must list you as their referral source in the "How did you hear about us?" section of the application.**



**DOMESTIC VIOLENCE AWARENESS MONTH**  
October 2- Rosh Hashanah (begins at sundown)  
October 5- World Teacher's Day  
October 6- Oktoberfest  
October 7- National Forgiveness Day  
October 9- Emergency Nurses Day  
October 13- Friday the 13th  
October 14- Indigenous People Day  
October 16- Bosses Day  
October 31- Halloween

## LINKS:

**FOSTERING NC ONLINE  
TRAINING**

**LUTHERAN SERVICES CAROLINAS  
WEBSITE**

**FOSTER FAMILY ALLIANCE OF NC**

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**"life starts all over again  
when it gets crisp in the fall."**

**-f. scott fitzgerald**

**"The great gatsby"**

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