

# Foster Parents Change Lives



## UPCOMING EVENTS

Medication Administration & Blood Borne Pathogens

Tuesday, 2/25/2025  
6:30-8:30pm  
via Zoom

Contact either your Case Manager or FC Admin to RSVP & receive the training link

## FROM THE NC CHILD SERVICES EXECUTIVE DIRECTOR

- **Nakia Womack**

Happy February! As we embrace the month of love & appreciation, it's the perfect time to reflect on the incredible compassion & dedication you show every day in caring for our children. Your love not only nurtures their spirits but also helps them heal & grow, creating a lasting impact on their lives. We want to extend our deepest gratitude to each of you. Your unwavering support & dedication to fostering children are truly a gift to our community. Together, we are creating a nurturing environment that helps our children thrive. Thank you for your Love!

### Celebrating Love & Kindness:

Valentine's Day is just around the corner, & it serves as a wonderful reminder of the importance of kindness, connection & community. This year, we encourage you to create special moments with the children in your care. Whether it's crafting homemade Valentine's cards or baking treats together, these experiences foster bonding & create cherished memories.

### Acts of Kindness Challenge:

In the spirit of Valentine's Day, we invite you to participate in our "Acts of Kindness Challenge." Encourage your children to perform small acts of kindness throughout the month, whether it's helping a friend, sharing a smile, or creating a thoughtful gift for someone special. These acts not only uplift others but also foster empathy and compassion our children.

Wishing you a month filled with love, connection, & joy!

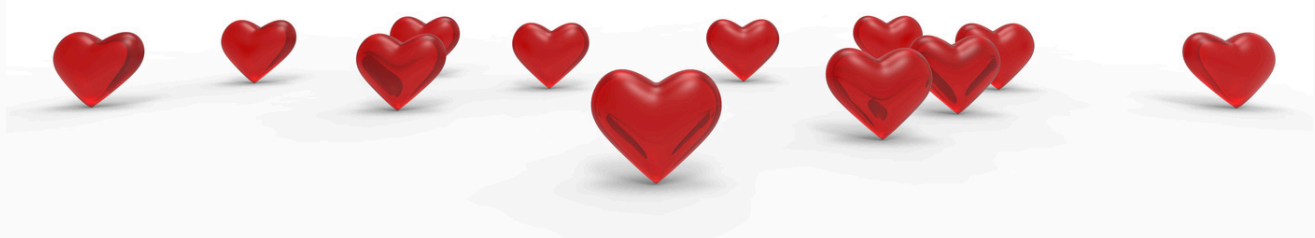
**FROM THE  
CLINICAL DIRECTOR  
-ROSEINA BRITTON**

## **Love and Connection in Your Foster Home**

**Hello Foster Parents,**

**As we step into February, a month that reminds us of love and connection, I want to take a moment to reflect on how these values can transform our foster homes. While Valentine's Day is often about roses and chocolates, I see this month as a time to nurture the bonds that create safety, trust, and warmth within your family.**

**For foster children, love and connection aren't always easy to accept or recognize. They may not have experienced consistent care or meaningful relationships before coming into your home. That's why the small, everyday ways you show love and connection are so powerful. These moments lay the foundation for healing, trust, and a sense of belonging.**



### **Here are a few ways to foster love and connection this month:**

#### **1. Create a Loving Environment**

**Love doesn't have to be grand gestures—it's often found in the little, consistent things. Offer kind words, encourage your child when they're struggling, and be present with them during moments of joy or difficulty. If appropriate, hugs, high-fives, or pats on the back can go a long way in helping your foster child feel valued and safe. These small, consistent acts build trust and show that your love is steady and reliable.**

#### **2. Celebrate Relationships**

**Take time to celebrate the relationships within your family. This doesn't have to be elaborate; it could be a special family dinner, writing notes of appreciation to each other, or spending quality time doing an activity everyone enjoys. If your foster child struggles to express their feelings, help them find ways to show appreciation through actions or creativity, like drawing or crafting a card.**

**FROM THE  
CLINICAL DIRECTOR  
-ROSEINA BRITTON**

**3. Address Challenges with Patience and Care**

Conflict is a natural part of family life, especially as foster children adjust to new environments and expectations. When disagreements happen, approach them with patience and understanding. Use these moments as opportunities to teach healthy conflict resolution skills, such as listening, expressing feelings calmly, and finding compromises. Let your foster child see that even when things aren't perfect, the love and support in your family remain unwavering.

**4. Teach Self-Love and Acceptance**

Many foster children have experienced feelings of rejection or low self-worth. As you foster love and connection within your home, take time to encourage self-love in your child. Celebrate their unique strengths and remind them that they are worthy of love and care. Sometimes, simply telling a child, "I'm proud of you," or "You matter," can make a world of difference.

**A Final Note:**

Love and connection may not always come naturally to a child who has experienced loss or trauma, and that's okay. The work you're doing to show them that they are valued and safe is creating a foundation for a brighter future. Even when progress feels slow, trust that your consistent care is making an impact.



Thank you for all you do to create a loving, stable environment for the children in your care. This work isn't easy, but it's meaningful beyond words. Let's take this month as a reminder of the power of love and connection—not just in February, but all year long.

Wishing you all a February filled with small, meaningful moments of love and connection.

Warmly,

Dr. Roseina Britton

Clinical Director, Lutheran Services Carolinas

# extendedReach

**By now you should have received your welcome email to the Foster Family Web in extendedReach. We hope this becomes a great resource for you! If you need help logging in or navigating the website, please click the links below. If you need further assistance, please reach out to your case manager.**

**If you are a new family currently working on your license, your welcome email will come once your license has been approved and issued by the state.**

## **[Foster Family Website Access & Login](#)**

## **[Foster Family Web Extra Training](#)**

**Please make sure when uploading documents that you are ONLY uploading the specific document for that section. Do not attach an MAR to your Foster Parent Monthly Report, etc. These items need to be uploaded separately and in the correct spot. Furthermore, MAR's and GRIDS are no longer uploadable items due to needing signatures from your case manager before being put into the system.**

# STAFF INTRODUCTION



**Name: Stephanie Rodriguez**

**Position: Family Developer**

**Region Served: Piedmont**

**Stephanie started with LSC in December 2024 and comes to us from Southwest, VA. She has a history of working in Child Welfare as a Foster Care/Adoption social worker, Therapeutic Foster Care, and a Supportive Housing for individuals who were HIV positive and/or had AIDS.**

**Welcome Stephanie!**



# FAMILY SPOTLIGHT



Mackenzie & Brandon Dersch are outstanding medically fragile foster parents who go above and beyond to make sure their little ones are cared for. Their foster love has needed extreme medical needs and they have rose above the challenges. They have dedicated their time and effort to ensuring the well being of each member of their family.

Well done, Dersch Family!

We appreciate you!





# Save the Date

*Fall in love with  
sexual health!*

## SYNC Sexual Health for Youth in Care CONFERENCE



**February 15, 2025**

**10:00 a.m. - 3:00 p.m.**

College of the Albemarle  
AE Building - Room 208  
Elizabeth City, NC

This conference is open to:

- Youth ages 12-18
- Foster parents
- DSS staff
- LINKS coordinators
- Other professionals working with youth in care

Join us for this day-long conference filled with fun and educational topics covering prevention and life skills education. With special workshops for youth ages 12-18 and the adults who work with them, this is a day you do not want to miss. Breakfast, snacks, and lunch will be provided.

Youth in out-of-home care have higher rates of pregnancy, STIs, and associated sexual risk behaviors than youth living with their families. They are more likely to experience sexual violence and exploitation. Teen girls in foster care are two-and-a-half times more likely to get pregnant. More than half of both teen girls and boys who age out of care or extend their time in care will have children before they turn 20. This conference will build healthy decision-making skills for youth in care and provide the tools needed to help guide decision-making.

**Learn more or  
scan to register:**

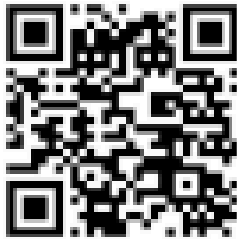
Contact Ted Sikes  
SYNC Program Director  
336-707-5202  
tsikes@chnc.org

*a program of*



**Children's  
Home Society**  
of North Carolina



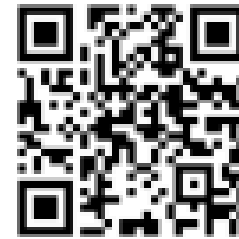


Franklin County

familyrecharge2023@gmail.com

# RECHARGE

## Respite Night info!



Wake & Durham County

recharge@summitchurch.com

### WHAT IS RECHARGE?

Recharge is a respite night for foster and adoptive families! our events start at 4 pm and end at 7pm! That's 3 whole hours for parents to relax, recharge, and re-energize!

### HOW DO I SIGN UP?

If you are an adoptive or foster family, you can register all your kiddos ages 0-12 using the QR codes above or sending an email out to request more info!

Please note:

Wake and Durham counties have a different registration than Franklin County!

Just be sure you actually do register - we need to have enough staff to properly care for the kids, so registration is required!

### WHAT ARE THE DATES?

Wake & Durham County

1/18/2025

2/15/2025

3/15/2025

4/12/2025

Franklin County

1/18/2025

3/22/2025

7/18/2025

9/13/2025

12/13/2025

### WHERE IS THIS HAPPENING?

Wake County:

the Summit Church Capital Hills  
3901 Capital Hills Drive Raleigh NC 27616

Durham County:

the Summit Church North Durham  
3263 Rose of Sharon Road Durham NC 27712

Franklin County:

Faith Baptist Youngsville  
249 Holden Road Youngsville NC 27596

### MONTHLY THEMES:

- January - Crazy Animals
- February - Under the Sea
- March - Spring Thing!
- April - Bunny Bash
- July - Beach Party

### A FEW MORE THINGS:

- Dinner and snacks are provided!
- dress kids comfortable - they will be playing, getting messy, and having fun!
- all foster families are welcome!





## Being a caretaker can be rewarding, overwhelming and even isolating.

Often, caregivers are so focused on meeting the needs of others that they forget to attend to their own needs.

At FFA, we recognize that the work you are doing is very important and is met with challenges. We would like to offer you a free, safe and confidential space to talk about your experiences as a caregiver without judgment.

Our therapists can help you with managing your stress, prioritizing self-care, processing grief and other emotions, and preventing caregiver burnout.

If you feel you could benefit from talking to one of our therapists, please email us today-  
[erica.burgess@ffa-nc.org](mailto:erica.burgess@ffa-nc.org).



## **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.



## 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.**

### BLACK HISTORY MONTH



February 1- National Freedom Day

February 2- Groundhog Day

February 8- Boy Scout Day

February 12- Abraham Lincoln's Birthday

February 14- Valentine's Day

February 15- Susan B Anthony Day

February 17- President's Day

February 22- George Washington's Birthday

## LINKS:

### FOSTERING NC ONLINE TRAINING

### LUTHERAN SERVICES CAROLINAS WEBSITE

### FOSTER FAMILY ALLIANCE OF NC

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"Where there is love,  
there is life."

-Mahatama Gandhi

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