

Foster Parents Change Lives



FROM THE NC CHILD SERVICES EXECUTIVE DIRECTOR

- **Nakia Womack**

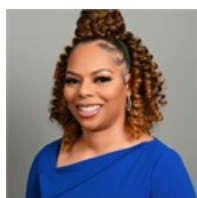
Greetings LSC Families!

I am thrilled to introduce our new NC State Foster Care Director, Lynn Kirk, who brings a wealth of experience and a deep commitment to enhancing the lives of children in our care. She is originally from a small town in central New York and relocated to the state of North Carolina in 1996. She graduated from the State University of Fredonia in NY with a BA in Psychology. She has a 24-year-old son, Josh, and a dog named Delilah. She loves the beach, exercising, music, travel, and her family and friends.

With over 30 years experience in child welfare and a proven track record of fostering collaboration among stakeholders, she is dedicated to ensuring that every child can thrive in a safe and nurturing environment. Children's Services and Foster Care are her passion.

Her employment experience is vast, having worked for local county and state government agencies as well as private sector companies. She spent 15 years as a supervisor responsible for overseeing CPS Investigations, In-Home, and Foster Care Services. She has also spent many years providing oversight, supervision, and development and training of therapeutic foster care services across eastern NC in the non-profit sector.

We are excited to have her on board and look forward to the positive impact she will have on our LSC family. Please join me in welcoming Lynn to our team!



Nakia Womack



FROM THE CLINICAL DIRECTOR

-ROSEINA BRITTON

Hello Foster Parents,

March is a season of transition - winter gives way to spring, routines shift, and new challenges and opportunities arise. Change is inevitable, but for foster children, it can also be unsettling. Many of the children in your care have experienced unpredictable environments, sudden moves, or inconsistent relationships. Because of this, even small changes can trigger anxiety, frustration, or resistance.

This month, I want to focus on **how we can help our foster children navigate change in a way that promotes stability, trust, and emotional security.**

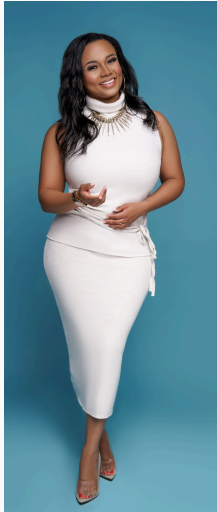
One of the most powerful tools we have as foster parents is **the way we communicate.**

The tone and language we use can either build a child up or reinforce feelings of fear and insecurity. During times of transition, our words carry even more weight.

Using Supportive Language During Change

The way we speak to our foster children shapes their sense of safety and belonging. Here are some key strategies:

- **Validate their feelings:** Instead of dismissing concerns, acknowledge them. Try saying:
"I know this is a big change for you, and it's okay to feel nervous. I'm here for you."
This reassures them that their emotions matter and that they are not alone.
- **Offer Clear and Gentle Guidance:** When explaining changes, use calm and neutral language. Instead of saying, *"You have to switch schools. It's not a big deal."* try:
"I know starting a new school is a big adjustment, but I'll be with you every step of the way."
- **Avoid Negative Labels or Harsh Words:** Frustration can happen, but words have lasting impact. Phrases like *"Why are you acting like this?"* or *"You never listen"* can make a child feel misunderstood and rejected. Instead, reframe with curiosity and empathy:
"I can see this is hard for you. How can I help?"
- **Encourage a Growth Mindset:** Change is tough, but it can also bring new opportunities. Help foster children develop resilience by framing transitions in a positive way:
"This might feel challenging now, but I know you're strong, and we'll figure it out together."



**FROM THE
CLINICAL DIRECTOR
-CONTINUED**

Ways to Support Stability During Transitions

1. Prepare for Transitions in Advance

Whether it's a new school, a change in routine, or a new member joining the family, give your foster child as much information as possible ahead of time. Surprises can be stressful, so walk them through what's happening and why. Answer questions honestly and let them express their concerns.

2. Create Consistent Routines

Stability is key when everything else feels uncertain. Try to maintain predictable daily routines - consistent wake-up times, meal schedules, and bedtime rituals can provide a sense of normalcy. Even small things, like always reading a bedtime story or having a regular check-in time, can give your child an anchor during change.

3. Encourage Flexibility While Offering Reassurance

Change can be scary, but teaching children how to be flexible while feeling supported is a life skill that they will carry forever. If something unexpected happens, stay calm and offer reassurance. Saying, *"Plans changed today, but we'll handle it together,"* helps them understand that even when things shift, they are not alone.

Final Thoughts

Change is difficult, but you have the power to make it feel safer for your foster child. Your voice, your patience, and your ability to offer both structure and understanding can help them navigate transitions with confidence.

Thank you for all that you do to provide stability and care. The love, support, and words you share with your foster children **MAKE A LASTING IMPACT.**

Wishing you and your family a season of patience, growth, and meaningful connection.

Warmly,

Dr. Roselina 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.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Social Services



Resource Parents Needs Assessment

Take the Survey [HERE](#)

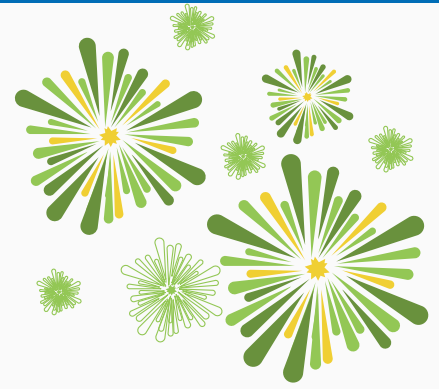
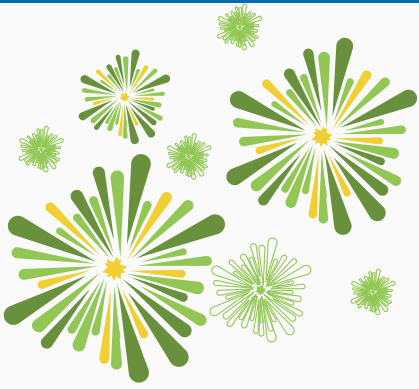
The North Carolina Division of Social Services (NC DSS) in partnership with the Foster Family Alliance of North Carolina (FFA-NC) is conducting this survey to better understand the needs of resource parents who have served children and youth within the last 12 months in North Carolina. Resource parents include foster parents, adoptive parents, and licensed or unlicensed kinship caregivers.

This survey will take 10-15 minutes to complete. All answers are completely anonymous. Please complete one survey per household. Your answers will be used to improve services and to create new supports for resource parents.

Participation in this survey is voluntary. Whether or not you participate will not affect any current or future services you may need from NC DSS or FFA-NC. If you choose to participate, please complete the survey by April 4, 2025.

NC DSS and FFA-NC appreciate your time in completing this survey. If you have any questions while answering the survey, please contact FFA-NC at 800-578-7770 or info@ffa-nc.org.

FAMILY SPOTLIGHT

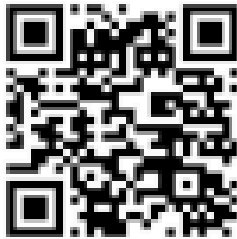


Regina Mackins is a dedicated and experienced foster parent who has provided a safe and loving home for numerous children, including those with challenging behaviors and complex needs. Her ability to build strong, trusting relationships with her foster children allows them to feel like a true part of her family, fostering a sense of belonging and stability.

Regina's professionalism shines through in her timely completion of licensing and client paperwork, as well as her clear and consistent communication with case managers, therapists, and other team members. She is highly adaptable, meeting each child's unique needs with patience, understanding, and a commitment to their personal growth. Through her unwavering support, many of the children in her care have made significant progress, either successfully reunifying with their families or transitioning to permanent placements.

Thank you, Ms. Mackins, for all that you do. We appreciate you and you are an invaluable member of our LSC Foster Team!





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.



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.**

SOCIAL WORKERS MONTH

WOMENS HISTORY MONTH

NATIONAL IRISH AMERICAN HERITAGE MONTH

March 1- Ramadan

March 2- Oscar Night

March 3- Caregiver Appreciation Day

March 5- Ash Wednesday

March 7- Employee Appreciation Day

March 8- International Women's Day

March 9- Daylight Savings begins at 2:00am

March 11- Johnny Appleseed Day

March 12- Girl Scouts Day

March 15- Ides of March

March 17- St. Patrick's Day

March 20- Spring Equinox



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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