



Keeping Your Buckets Full: Taking Care of Yourself in Good Times and Bad

"I know you all know this, but let's review: Life can be awesome, and life can be awful.

"No matter how many years you've been on this planet, chances are you've had lots of good days and more than a few bad days. And while no one else has experienced your unique combination of awesome and awful, it is essential to remember that every single person on this planet has their own mix of good and bad." – Paul Wesselmann, "The Ripples Guy"

We have all been there. We are going along with our daily lives and everything feels good and then, out of the blue, life throws us a curve ball and we find ourselves feeling downright terrible. And, while we can certainly wish that we didn't have these tough times, we can usually get through them to find that the good times are that much better for the experience. We don't always know when those curve balls are coming, which is what makes building in daily self care so important. Taking care of yourself during good and bad times can make the good times feel even better and help the bad times not feel so terrible.

We all have a variety of needs. In general, we can group those various needs into larger buckets: physical needs, emotional and social needs, intellectual needs, and spiritual needs. This article, and this whole issue of *Partners*, can help give you some tips, ideas, and thoughts on how to keep your need buckets full every day – so that you have resources and resilience to draw on when tough times come your way.

Physical Needs

Getting physical exercise doesn't have to mean joining a gym, and many activities can be done either on your own, with a workout buddy, or with your whole family. Take a walk or ride your bike around your neighborhood. Turn up the music on your favorite songs and dance while changing loads of laundry, washing the dishes, or dusting. There are many ways to be creative and have fun when it comes to getting physical and moving.

Rest and rejuvenation is just as important as moving around and getting your blood pumping. Track how many hours of sleep you get and note how you feel and how much energy you have. You may need to make some adjustments. Another hour more (or an hour less for some of us!) can really help you function at your best.

The power of touch is really unparalleled. Take advantage of an opportunity to give or get a back rub or a massage – even a manicure or pedicure can boost your spirits and add a little to your physical needs bucket.

Finally, make some positive changes to your family's eating habits. Adding in a few more fruits and vegetables at meal times can help your body feel and function better.

- 4 Building Your Support Network
- 6 Caring for Yourself While Caring for Your Family
- 8 How to Tell It's Time for a Break...
- 9 Resources
- 10 Home to Stay: Everything We Hoped for and More

Inside

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Partners is published by the Coalition for Children, Youth & Families, dedicated to recruiting families for Wisconsin children in foster care and providing support to foster and adoptive families. The *Partners* Newsletter is written and compiled by members of the Coalition for Children, Youth & Families staff.

From the Corner Office

Happy Summer everyone,

This issue in *Partners* is really focused on how you can support YOU! We all want to do the best all the time for others – our kids, our extended families, our partners. But, before long, we find that the busy-busy world we live in takes over. We are working jobs, helping with school work, being a driver for all the school activities, therapists and doctor visits, and the list goes on. Soon we find ourselves at the end of the day, wondering, where is this going for me? We're tired and all those self-help books and recommendations that meditation is good (it really is) get lost in the nighttime lists of "What I Absolutely Need to Take Care of Tomorrow."

So, why are we taking an entire issue of *Partners* to talk about self-care? Because it REALLY IS IMPORTANT! Throughout my years here at the Coalition, I have met thousands of families – foster families, adoptive families, kinship families. Many of you volunteer to help mentor new foster and adoptive families, or to help recruit and train families. Here's what I have learned from all of you who survive exciting parenthoods with kids who have lots of challenges: you take some time to take care of yourself.

Unfortunately, I have also heard from parents who are at the end of their ropes; they feel like giving up on their kids, their spouse, their partner. And, when I hear those stories, there is always one theme: they haven't had the time to nurture themselves and they haven't had the time to nurture their adult relationships. They haven't had time to spend with the other half of their partnership, with their friends. They haven't had the time to take care of their body; they haven't taken time to enjoy nature, hobbies, or whatever makes them feel good.

So make a rule for yourself this summer. Enjoy the sun for at least 10 minutes of calm time – we have all waited for it for a long time this year!

Keep being the great people you are and be good to yourselves,



Colleen M. Ellingson
Chief Executive Officer



Continued from front page

Emotional and Social Needs

For many parents, one-on-one time with a friend, coworker, sibling, or other family member is a great way to recharge their batteries and add a little to their emotional and social needs buckets. For those who are parenting with a spouse or partner, try to arrange at least one night a month when each of you can go out on your own or with a friend other than your co-parenting partner. If you're a single parent, take advantage of a friend or family member's offer of babysitting while you treat yourself to a showing of a new movie, get a coffee, or spend a little time with a friend.

Find things that make you laugh and indulge in them. You might also try having a date night every week with your partner - even if that means something like an at-home movie night and "grown-up" conversation after the kids are in bed.

Filling your emotional and social needs bucket can be done on your own, with your partner or spouse, or as a family. You might seek out some ways you can all volunteer together as a family. Or maybe there's another parent who can use a break and your family can provide respite for his or her child for a couple of hours.

Intellectual Needs

Learning doesn't stop when you are done with school! Take a trip to your local library or book store and read a book alone, with your partner, or with your children. (The Coalition also has a lending library of materials related to foster care and adoption that are available to you! All of the items can be sent right to your door and include return postage.) Instead of music, you could listen to audio books, public radio, or a podcast while you drive or do housework. You might also browse and watch TED talks online, or sign up for an online class in a topic that has always interested you. Nowadays you can plug into many educational outlets right from home via podcasts, YouTube videos, and webinars - including the training opportunities offered by the Coalition!

Keep track of all your new-found knowledge and write your thoughts down. You could choose a public forum like a blog, or keep it private in a spiral notebook or special journal. Challenge yourself to pick out a project that you've yet to tackle and begin working on it. Filling your intellectual needs bucket will always give you something to talk about when you're out with friends or chatting with your partner or spouse, as well!

Spiritual Needs

Whether you attend a place of worship to honor a higher power, commune with nature and the environment, spend time in quiet meditation, or pursue another avenue, we can all benefit from turning inward and nurturing our spirit. This need is one that is met very differently by every parent and person. You may need or want to try a few activities in order to find the right one that fills your spiritual needs bucket.

Another way to fulfill spiritual needs that some parents find helpful is to try taking time to gain perspective. If possible, set aside a day for yourself with no children or partner to take care of. If an entire day is not possible, maybe you can find an hour or two. Whatever amount of time you can manage, use it to do things that you don't often get to anymore. Try not to use this time to tackle your to-do list; just relax. Even if you can only find 10 minutes each day, spend that 10 minutes just being silent, breathing, and reminding yourself of the positive things that surround you and for which you are grateful.

Being the best for your children and your partner or spouse means being your best self. Finding the time to care for yourself - whether long periods of time or short amounts here and there - means you can keep your need buckets full and ready to be drawn upon in times of need. Reach out for help when you need it with the knowledge that we all need to reach out from time to time. And remember: sometimes it is in the toughest times of our lives as parents that we can reach our greatest heights.

Building Your Support Network



You have probably heard, “It takes a village to raise a child.” The meaning is pretty clear: Parents must gather as much support as they can muster from friends, extended family, neighbors, and the community to successfully raise a child. But what about support for families who have adopted? As an adoptive parent, you may sometimes feel like your needs as a family are unique. So, how can you get a support plan in place to raise a village around your child?

Reflect on your family’s journey as you prepare for the future.

That joyous day has arrived, you have brought your child home! Perhaps this child is from another country and you adopted internationally; perhaps you have brought home a baby as a result of a private domestic adoption; or maybe your child has come to you through the child welfare system and you have chosen to be the forever family for a child who needed a permanent place to call home. The journey that brought your child to your family is as unique and special as each child who joins your family.

When you’re building a support plan, it’s helpful to understand your child’s background and your child’s journey to your family. For example, a child you have adopted from foster care may have an extensive history of trauma as the result of abuse, neglect, or multiple moves. Children adopted internationally may have also experienced trauma. Or maybe the baby you brought home through a domestic adoption is struggling to fully bond with you. These kinds of issues are all common and are going to affect the kind of support you need in your support plan. Remember that you can always call

our Resource Specialists here at the Coalition if you need a sounding board or someone to talk with.

Having a clear awareness of your child's background will allow you to anticipate some of the potential challenges you may face. Building your knowledge about common concerns adoptive parents face and strategies associated with overcoming these struggles can be very valuable. Wisconsin families who have chosen to adopt can always use our free lending library. The Coalition routinely sends out materials from our library through the mail for no charge – and we even include return postage. And you can always access the multitude of resources and information we have housed on our family of websites – no matter where you live or how your family was formed.

Please keep in mind that your child may experience some of the unique struggles associated with adoption or none at all. One thing is certain though: being a parent of any child requires a great deal of insight into who your child is as a person as well as a healthy dose of knowledge and preparation. Building this foundation is that all-important first step in creating a support plan.

Build a supportive team of both formal and informal resources.

Raising any child requires blending of informal supports, such as extended family members, friends, and neighbors, and formal supports, such as school teachers, day care facilitators, doctors, and therapists. Raising a child who was adopted is no different. As an adoptive parent, you are going to need to lean on these resources as an important part of taking care of both yourself and your child.

When building your informal and formal support networks, keep in mind that not everyone is knowledgeable about adoption or sensitive to adoption-related issues. Sometimes this leads to adoptive families being cautious about discussing their child's adoption story. We encourage you to reach out to resources such as the Coalition, adoption-competent therapists, or your local Post Adoption Resource Center (PARC). These types of specialized supports may be able to help guide you in talking to the other members of your support team and will be invaluable as you raise your child.

Helping people understand adoption begins at home with your immediate family and household members. When you expand that to your informal outside supports, such as friends and family, it can help everyone to have a clear understanding of who your child is. It will allow them to build a stronger and more comfortable relationship with your child, and give them an opportunity to participate in your child's self-discovery and identity development.

Together – with your partner, spouse, or support network – you can anticipate and work through many conversations, difficult questions, and challenging times. In turn, your friends and family members can become and continue to be an active support for your child as well as for you. They can become other trusted friends and adults for your child to go

when he needs to vent, and can be supportive when you're struggling. And, as an added benefit, when those adoption anniversaries roll around you can throw some pretty big parties!

Including your adopted child's birth family in your support plan is another decision your family may face. There are benefits for including your child's birth family in your growing support network. Very often, extended birth family members can help children who were adopted stay connected to their heritage and birth culture.

Outside of your informal support network, you may find yourself relying on formal supports through schools, day care, doctors, and therapists. Deciding on how to best share your child's adoption story with these support people is often a tough decision. For example, you may want your child's teachers to be mindful of how some lesson plans affect children who don't live with their biological parents. You may also want your child's pediatrician to know about your child's adoption so the doctor can consider its potential impact on your child's development and whether there are risk factors for certain conditions.

Finally, remember that it is okay to reach out for help and support when you need it!

You are not alone on your journey of adoption and parenthood. There are many families who share the same joys and struggles as you. You might consider joining a support group for adoptive parents or a play group for your children. After all, part of taking care of yourself is knowing when to lean on others.

There are many resources available to you for support and even comfort. You're always welcome to contact your region's PARC or reach out to the Coalition, where our team of Resource Specialists is committed to helping, supporting, and nurturing you and your whole family.

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Caring for Yourself While Caring for Your Family



Parenting is often said to be the most rewarding and toughest job there is. If you add the additional elements of parenting a child who was adopted, a child who has spent time in the foster care system, a child with a history of trauma or any type of special need, you can easily see how the parenting job description grows. The pressure can sometimes feel overwhelming.

Most parents have heard the term “self-care” and understand it; but self-care is often one of those things that gets put on the back burner. Parents often tell themselves, “I’ll take time for myself once (fill in the blank) happens.” The list of possibilities that could fill in that blank is endless. The needs of your children come first and parents often put themselves second . . . or third or fourth. Or maybe you, as a parent, aren’t even on the list at all.

Given all that there is to do in any given day, taking care of yourself can sometimes feel like one more thing you have to add in or try to fit into your schedule. As a result, if you don’t do it or can’t make time for it, you run the risk of feeling like you failed. Taking care of yourself is often easier said than done.

If any of this feels familiar, we have good news for you: self-care shouldn’t feel like that! Even though many parents do not have a lot of time or money to take a spa day or vacation, there are some easy ways that you can practice self-care every day (or almost daily).

yourself

Caring for Yourself

Some ways to practice self-care:

- **Take some time for *just you* during the day.** This could be a bubble bath, reading the morning paper, meditation, yoga, taking a walk, exercising, reading a book, journaling—to name a few. None of these have to take much time; even if you only have 15 minutes, take a little time for yourself to help recharge your batteries. Even just a few minutes of focusing on yourself can help you be more present for your family and reduce feelings of burn-out and stress.
- **Have something to look forward to.** Whether this is getting a massage, having lunch with friends, or an evening out (or in!) with your partner. Get a sitter, send the kids to a friend's house, or utilize respite for a weekend. Having a little event to look forward to can feel very rewarding once it arrives.
- **Seek out support from others.** Parenting is a demanding job and it can feel overwhelming at times. No one can do it all. All parents take on a lot of emotional energy from their kids, and it can be challenging at times. Call a Resource Specialist at the Coalition, seek out a support group, find a mentor for your child, and/or seek out respite. There is support and there are other parents like you who are experiencing similar issues; ***you are not alone***. Sometimes just talking with others who are going through similar situations normalizes our own experiences.

Caring for Your Family

It is easy to get bogged down in day-to-day life. There are school meetings, meetings with social workers, therapy appointments, medical appointments, extracurricular activities, etc. to schedule, get to, and keep track of. All of these things are important, but it is also important for parents and kids to have fun together, too.

- **Celebrate little and big accomplishments as a family.** Whether that is a good grade, a good week, a promotion, or some other event—celebrate them. Focusing on positives can help make dealing with the negatives more do-able. Your family may want to keep a gratitude journal where you can all share notes about positive things that happened during the day.
- **Play together as a family.** Make time to enjoy each other with picnics, family outings, and game or movie nights. Laugh together and enjoy each other's company with fun family activities.

Even though it can sometimes feel that taking time out to care for yourself is counterintuitive to being a stellar parent, it's actually a great way to model positive behavior for your children. Practicing self-care can show your kids how to manage and reduce stress, and lead a balanced, healthy life. Books, magazines, and online resources all have a lot of helpful information and how-to tips about self-care. Other parents are also a great resource! Ask about what has worked for them; they might have fresh, new ideas for you and your family. There are also support groups out there for kids to help them normalize their experiences and feelings. The Coalition or your local Post Adoption Resource Center can help you search for and find the additional resources and supports that will bolster your personal and your family's well-being.

How to Tell it's Time for a Break... and How to Take One

"I absolutely believe that regular respite care saves you on your down days. I would think, 'I have a week until my getaway,' and then I knew I could do this." --Natalie, respite care provider

Parents often feel they should be able to do it all. Every day, they juggle the responsibilities of family, medical appointments, errands, work, household chores, and more. All take time and energy.

With all the things parents need to do, taking a break from parenting may seem out of the question. But that could be exactly when a break is needed the most.

Here are some signs that it's time for a break:

- **Your fuse is short.** Small things become big things. You don't "go with the flow" as easily as usual.
- **You avoid doing things you like.** "I'm too tired" or "I don't have time" become your reasons for not having fun or enjoyment in your life.
- **You don't want to get up in the morning.** When you think about your day, you just want to crawl back into bed. But you know you can't, and you are exhausted before you begin.
- **You feel overwhelmed.** There aren't enough hours in the day to get everything done. And even if there were, none of those hours would be just for you.

Taking a short break from parenting, often called respite care, is one way to recharge your energy level. Respite care can provide much needed time away from the demands of parenting. For many parents, it's not easy to ask for a break. They may wonder, "What does it say about me as a parent if I need a break from parenting?" "Can other people really care for him the way I would?" It's important to remember that taking a break helps you rest and refocus so that you can continue parenting with renewed energy. Your break is well-deserved! You'll come back to your regular routine refreshed, which helps not only you, but also helps your spouse or partner and the children and youth in your home.

Parents say that the best respite provides a short, regular period of time away from parenting. When things get overwhelming, knowing that you'll soon be getting a break can help you get through a period of crisis. Regular respite care can mean once a week, once a month, or once every few months. Every family has different needs.

Sometimes a needed break is as short as a half-hour, sometimes it's a weekend away, or even a weeklong break in the summer. Here are some ways parents have said they can get a break:

- **Make time for a phone call.** Calling the Coalition, your Post Adoption Resource Center, or another foster or adoptive parent who has "been there done that" can help. Connecting

with a good listener provides a supportive sounding board. And you may get helpful suggestions for ways to nurture and care for yourself.

- **Look for family-centered activities** where children have a chance to interact with other children while parents are engaged in another activity. Local children's museums, Boys and Girls Clubs, the YMCA, Boy Scouts/Girl Scouts, the library, and church groups are all places where children can have a safe, enjoyable, and age-appropriate experience for a couple of hours while you run errands or just relax with a cup of coffee.
- **Ask trusted friends or others who you are comfortable with.** Family members, relatives, and friends are all natural helpers. They may be willing to come over for an afternoon or an evening so that you can get away, either by yourself or with your partner or spouse.
- **A weekend away** can usually be accomplished with some advance planning. Parents sometimes can arrange time away by trading with other parents for a weekend. If you have a child with special behavioral or physical needs, in-home respite may be the way to go.
- **Summer camps** can include day camps, weekend camps, or weeklong camps for youth – or even camps for the whole family. Scholarships to camps are sometimes available. Contact the Coalition or your Post Adoption Resource Center for information on camps in your area.

Respite care is designed to give parents a necessary break, but it can also benefit the child or youth. A temporary change of caregiver can provide a new experience, which often helps in building confidence. It can also help children and youth develop trust through contact with additional stable and caring adults and their families.

Sometimes a new and unfamiliar setting may spark some anxiety. You can ease the anxiety by sharing what you know about the respite care family, and stating the exact time you'll return. Children or youth with attachment issues need to know that you value your relationship with them, that you are strong enough to parent them, and that they are a valued member of the family even though parents sometimes need time to themselves.

Respite breaks are necessary to help parents stay energized and focused. Finding a way to schedule respite into your life can help to reduce stress, recharge energy levels, and strengthen relationships. Scheduling a respite break is one way to take care of yourself to remind you of the love that brought you down this path in the first place.

From the Coalition

- **Partners Newsletter: Caring for Yourself, Summer 2010**
wiadopt.org/resources/coalitionnewsletters
- **Tip Sheet: The Balance Beam: Caring for Yourself While Caring for Your Kids**
wiadopt.org/resources/tipsheets
- **Tip Sheet: Self Care for Families** – wiadopt.org/resources/tipsheets
- **Tip Sheet: Stressed Out!** – wiadopt.org/resources/tipsheets
- **Tip Sheet: Reaching Your Boiling Point** – wiadopt.org/resources/tipsheets
- **Tip Sheet: Making a Positive Difference** – wiadopt.org/resources/tipsheets
- **Tip Sheet: The Journey of Forgiveness: Learning to Live a Life of Forgiveness**
wiadopt.org/resources/tipsheets

Additional Resources

- **Wisconsin Foster and Adoptive Parents Association** – wfapa.org
- **Family Support Program** – dhs.wisconsin.gov/children/fsp/index.htm
- **Children’s Long-term Support Waivers** – dhs.wisconsin.gov/children/fsp/index.htm
- **Parent to Parent** – www.p2pwi.org/index.html
- **National Foster Care and Adoption Directory** – Offers resources by state
childwelfare.gov/nfcad/
- **Children’s Hospital of Wisconsin In-home Respite Care**
chw.org/childrens-and-the-community/family-support-services/child-welfare-services/foster-care/respice-care/
- **Center for Families** – centerforfamilies.org/Services/respice-center.aspx
- **Respite Care Association of Wisconsin** – respicecarewi.org
- **Dodge County Lifespan Respite Network** – dclrn.org
- **“Self Care: Barriers and Basics for Foster/Adoptive Parents”**
nacac.org/adoptalk/selfcare.html
- **“Managing Everyday Life When Your Family is Struggling”**
adoptivefamiliescircle.com/blogs/post/post-adoption-challenges-parent-self-care/
- **“When Your Family Needs Help”**
adoptivefamiliescircle.com/blogs/post/privacy-vs-secrecy-and-reaching-out-for-post-adoption-support/
- **“Help for the Adoption Journey – Self Care”** – stellarparenting.com/?p=176

Books

- ***Shield: A Framework of Self-Care for Foster and Adoptive Families***, by Sharla Kostelyk
thechaosandthelutter.com/my-books/shield-a-framework-of-self-care-for-foster-and-adoptive-families
- ***Adoption Parenting: Creating a Toolbox, Building Connections***, Edited by Jean MacLeod and Sheena Macrae, PhD



Home to Stay: “Everything We Hoped For . . . And More”

Our thanks to Morten Sunde and Darin Hogy for sharing their family's story with us for this issue of Partners.

Ever since they finalized the adoption of their children, Morten Sunde and Darin Hogy say that everything is different, yet the same. They still do most of the things that they did before, but now adapt these activities to include their children, eight-year-old Thor and biological sisters Kristine and Kari, ages four and five. Although this takes more planning than it used to, Morten and Darin claim that it has made them more considerate and patient. They used to have a very busy schedule but now try to, “go with the flow.”

The Sunde-Hogy family is very active and enjoys spending time outdoors camping, biking, swimming, and kayaking. When they are at home, you might find the family playing board games or having a slumber party. Sometimes, the kids will even treat their parents to a spa day where they paint Darin and Morten's nails and do their hair. This is a far cry from the many children who sit in front of a screen for much of the day, watching TV or playing video games.

Adoption is something that Morten and Darin have long been familiar with. Morten grew up with an adoptive dad and also had a sister who was adopted. They both knew that they wanted to start a family and felt that the Special Needs Adoption program was a good choice for them, although being a family that consists of two Caucasian men and three African American children has brought about some unexpected comments and questions. Once, Darin went to Thor's school to teach a class on how to make pizza. Another student asked Thor, “Do you know your Daddy is white?” Thor quickly replied, “I know.”

Darin and Morten say that one of the biggest rewards of adoption are the simple, everyday moments you get to experience. Sometimes this means eating dinner together and talking about their days. Other times, it is hearing their child say, “I love you.” Of course, some memories do stick out more than others. When their son first came to their home, he would fall asleep on their laps during nap time. Then of course there are all of the “firsts,” such as when, during a recent trip to Wisconsin Dells for the annual Wisconsin Rainbow Families outing, Kari rode the “big scary waterslide” for the first time. It was the first year she was tall enough to go on this ride and, although she was initially scared, once she did it she had so much fun that she kept doing it over and over again. Undeniably, there are some moments that the family would like to forget - like dealing with projectile vomiting or meltdowns in the middle of the grocery store - but, of course, these instances are just part of being a family.

Morten and Darin agree that adoption can be a bumpy ride, but they are adamant that the end result is well worth the trials and tribulations. They describe being an adoptive parents as, “everything we had hoped for and then some,” and add that adoption has changed all of their lives for the better. They encourage those who have room in their hearts, as well as the means to support an adoptive child, to take the plunge. Before adopting, they had many discussions to make sure that this was something we really wanted and were ready for.

Morten and Darin credit one of their caseworkers as being a “rock star” who kept them up to date at all times. The Sunde-Hogy’s also know that they can turn to the Coalition for Children, Youth and Families if they are ever in need of support or services. Their first connection with the Coalition was during a Home to Stay™ visit in 2011, when a personalized backpack was created for their son, Thor, to celebrate his adoption. In 2013, after Kristine and Kari’s adoptions were finalized, the family had a second Home to Stay visit and the girls got their very own backpacks, as well.

The biggest challenge that Darin and Morten face is not much different from what most families struggle with: not having enough time to do it all! With three kids, homework, and different bed times, it is a constant juggle for them to accomplish everything they set out to do each day.

Morten and Darin feel that having strong communication helps when parenting three little ones. One endeavor that likely helps Morten and Darin deal with the stress of being a parent is their commitment to practicing self-care by making time for just themselves. Morten and Darin feel that it is important to grow their relationship so they can be a

stronger family. Various friends and family members offer to babysit so that they can enjoy a restful evening without the kids.

It isn’t hard for Morten and Darin to find people to help out, as they say that they have met a lot of wonderful people during their adoption journey. They are now connected with neighbors that they didn’t know well before having kids. In addition, both of their families are incredibly supportive. They have always been accepting of Morten and Darin as a couple, and their parents love the fact that they have added more grandchildren to the mix. Thor, Kristine, and Kari love playing with their cousins.

The Sunde-Hogy’s are an example of a Jockey Being Family™ Home to Stay™ family. Before their Home to Stay visit, personalized backpacks were created for all of their kids, containing books, games, blankets and other goodies to help the family further celebrate adoption finalizations. If you have recently completed an adoption from the child welfare system and would like to take part in the Home to Stay program, please contact us at 414-475-1246 or 800-762-8063.

Wisconsin’s Post Adoption Resource Centers

NORTHEASTERN

Family Services of NE Wisconsin, Inc.
300 Crooks Street
Green Bay WI 54301
Mail:
PO Box 22308, Green Bay WI 54305-2308

Toll Free:
800-998-9609 or 920-436-4360 ext 1264
Fax Number: 920-432-5966
E-Mail:
postadoption@familyservicesnew.org
Website: www.familyservicesnew.org/parc

Counties Served: Brown, Calumet, Door, Fond du Lac, Green Lake, Kewaunee, Manitowoc, Marinette, Marquette, Menominee, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, Winnebago, and Waushara

NORTHERN

Catholic Charities Diocese of LaCrosse
540 S 3rd Avenue
Wausau WI 54401

Toll Free: 888-227-3002
Fax Number: 715-849-8414
E-Mail: info@cclse.org
Website: www.parc.cclse.org

Counties Served: Ashland, Bayfield, Florence, Forest, Iron, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Sawyer, Taylor, Vilas, and Wood

SOUTHEASTERN & MILWAUKEE

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Website: www.wiadopt.org

Counties Served: Jefferson, Kenosha, Milwaukee, Ozaukee, Racine, Walworth, Washington, and Waukesha

SOUTHERN

Catholic Charities Diocese of Madison
1810 South Park Street, Suite 200
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Fax Number: 608-256-2350
E-Mail: postadoption@ccmadison.org
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A Groundbreaking Training to Help Challenging Students

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Wilderness Hotel & Golf Resort
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This full day training for parents and professionals will present a regulatory and relationship-based model for working with such children in the classroom (from kindergarten to 12th grade).

PRESENTER: Heather T. Forbes, LCSW is the owner of the Beyond Consequences Institute. Forbes has worked in the field of trauma and healing since 1999. She is an internationally published author on the topics of raising children with difficult and severe behaviors, the impact of trauma on the developing child, adoptive motherhood, and self-development.



Coalition for Children, Youth & Families

6682 West Greenfield Avenue
Suite 310
Milwaukee WI 53214

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