

TFC Child Handbook



Updated 6-2018

MY TREATMENT FOSTER CARE HANDBOOK

TABLE OF CONTENTS

MY CONTACT PAGE	3
HISTORY OF TREATMENT FOSTER CARE	4
WHAT IS TREATMENT FOSTER CARE?	4
RESOURCE PARENTS	5
BILL OF RIGHTS FOR CHILDREN IN CARE.....	6
GRIEVANCE PROCEDURE.....	7
COMMONLY ASKED QUESTIONS	8
ALL ABOUT ME.....	10
MY FAMILY TREE.....	12
GLOSSARY OF TERMS.....	13
YOUR COLORING PAGE.....	14

MY CONTACT PAGE

Contact	Name	Phone
UMFS TFC Worker		
UMFS TFC Supervisor		
UMFS Center Assistant Director		
UMFS Center Director		
DSS Worker		
Resource Parent		
Resource Parent		
Therapist		
Physician		
Dentist		
Psychiatrist		
Family		
Family		
Family		
Other		

Keep this contact information handy and feel free to contact anyone on the above list if ever needed.

HISTORY OF TREATMENT FOSTER CARE



The United Methodist Family Services (UMFS) Treatment Foster Care (TFC) Program began in 1980 to help provide children and youth with a more healthy, secure, and supportive family environment. We serve children and youth throughout the State of Virginia specifically in Richmond, Tidewater, South Hill, Lynchburg, Farmville, Fredericksburg, and Northern Virginia.

WHAT IS TREATMENT FOSTER CARE?

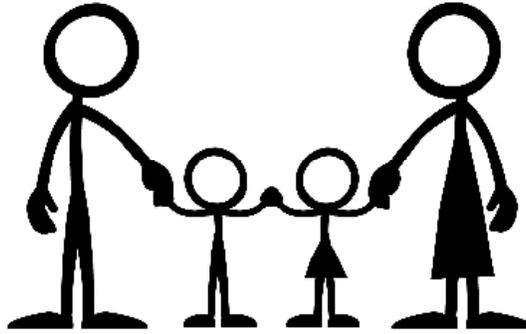
Treatment Foster Care (TFC) is a program for youth between the ages of 0 and 21 years of age. It is a program that is going to provide supportive services to you and your family. While in TFC you will live with a family that will provide you with a safe and secure home. When placed in TFC, you will receive the following services:

- **Treatment Foster Care (TFC) Worker** - A TFC Worker from UMFS will be assigned to your case and will help to coordinate services with your legal guardian, usually the Department of Social Services (DSS). The TFC Worker will have regular contact with you in your home, school, and community and will meet with you and your resource parent as often as needed. Typically, your TFC Worker meets with you on a weekly or bi-weekly basis, depending on your needs. Your TFC Worker is there to provide support to you and advocate for you while you are placed with a resource family.
- **Support Group**- Some centers offer support groups that meet regularly at UMFS. Support group topics focus on activities to help build social skills, improve peer relations and talk about tough issues you may face. TFC children and youth attend these groups. Foster and adoptive siblings are also able to attend.
- **Clinical Support Services**- Sometimes children in TFC need a little extra support, so a Clinical Support Specialist (CSS) is assigned to work with you and your resource family in the home for up to 5 hours a week.
- **Mentor Services** - Sometimes children in the UMFS TFC program also work with a mentor. A mentor is someone who acts like a big brother/big sister and provides recreational activities for you in the home and community. Mentors are a positive and supportive resource for you and your resource family.
- **Visitation Services** - Sometimes TFC children are provided visitation services in order to support visitation and promote the relationship between you and your parents, especially when your permanency plan is the goal of return home.

In addition to the above services, you may also receive: Individual therapy, family therapy, and/or have a psychiatrist for medication management in order to help you successfully meet your treatment goals.

When you are initially placed with your resource family, you will be visited by your TFC Worker and will be enrolled in a school as soon as possible thereafter.

RESOURCE PARENTS



Resource parents are people who have a desire to help children like you have a better life by providing them with a secure, safe and healthy family environment. UMFS resource parents include people of all races and ages, who are either married or single, live in the city or country, and may or may not attend church. People who become resource parents do so for many reasons. Resource parents want to give children the opportunity to be in a family where they feel they belong and are loved.

When choosing a resource parent, UMFS staff does our best to look at your needs as well as the characteristics of the resource parents to make the best possible match.

BILL OF RIGHTS FOR CHILDREN IN CARE

Every child in foster or adoptive care has inherent rights.

You have the right to:

- ❖ Be cherished by a permanent family of your own (*this can mean reunifying with your birth or biological family, joining an adoptive family, or ongoing placement with the same resource family*).
- ❖ Be nurtured by resource parents who have been selected to meet your individual needs and who are provided services and supports, including specialized education, so that they can grow in their ability to enable you to reach-your potential.
- ❖ Receive continuing loving care and respect as a unique human being in order to build stronger trust in yourself and others.
- ❖ Grow up with freedom and dignity in a neighborhood of people – a diverse community of people – who accept you with understanding, respect and friendship.
- ❖ Receive help in overcoming deprivation or whatever distortion in your emotional, physical, intellectual, social and spiritual growth may have resulted from your early experiences.
- ❖ Receive education, training and career guidance in order to help you become a healthy, functioning, contributing member of society able to live a useful and satisfying life.
- ❖ Be represented by an attorney at law (Guardian Ad Litem) in administrative or judicial proceedings with access to fair hearings and court review of decisions, so that your best interests are safeguarded.
- ❖ Receive a high quality of child welfare services, including involvement of the natural parents and your own involvement in major decisions that affect your life.
- ❖ Be involved in the development of your services and treatment plan goals.
- ❖ Refuse services and to receive information about the consequences as well as the effects of such refusal.
- ❖ Receive services that will comply with all laws that protect you from abuse, neglect or exploitation in order to ensure your safety.
- ❖ Privacy and informed consent in seeking medical treatment, including the administration of medication. (*In the case of children or youth under the age of 18, the agency will obtain the written informed consent from the parent or legal guardian*).
- ❖ Refuse to participate in research, experimental treatment or agency public relations. (*In the case of children or youth under the age of 18, the agency will obtain the written informed consent from the parent or legal guardian*).
- ❖ Ensure confidentiality that is upheld within the limits of the law.
- ❖ File a grievance if dissatisfied with services and to receive assistance in the grievance process.

Signature

Date

GRIEVANCE PROCEDURE

- **Any child receiving TFC services has the right to file a grievance if dissatisfied with services.**
- **Any child receiving TFC services also has the right to receive assistance in the grievance process.**

UMFS Staff want you to be happy while you are living with your resource family:



If you feel at any point while you are in the UMFS TFC program that you are not being treated fairly or you have a concern or complaint,



then you have the right to let a UMFS staff member know so that we can talk about it and see what can be done to make you feel better.

You can share your concerns with your TFC Worker or any UMFS staff you feel comfortable sharing it with. You can choose to share what's bothering you verbally or in writing – you can even draw a picture - whatever makes you feel most comfortable.

Once you share your concerns, we can figure out what we can do to about them. Your TFC Worker, your TFC Worker's Supervisor, and your TFC Center Director are some of the people who might be involved in helping to figure that out.

COMMONLY ASKED QUESTIONS

Q: How long will I have to stay with my resource parents?

A: The length of time with your resource parents depends. Your safety is very important, so the length of time with them may be short or long, depending on you and/or your family's needs.

Q: Is it my fault that I had to leave my birth parents and come live with my resource parents?

A: No, it is not your fault.

Q: Will I be able to see my birth family?

A: This is usually decided by your DSS Worker.

Q: What will my resource parents be like?

A: UMFS resource parents include people of many different races and religions. Some are married or single. They live in the city or country. Some may or may not attend church. They are people who have a desire to help children like you have a better life.

Q: Do my resource parents have the right to hit or spank me?

A: No. You should always feel safe. If you are hit or spanked, you should let your TFC Worker or an adult you trust know immediately.

Q: Can I stay at home by myself sometimes?

A: Unfortunately, children who are in foster care cannot be left at home alone. This is because UMFS is responsible for your care. It is also the rule of foster care. Should something happen to you while you are alone, UMFS would be responsible.

Q: What do I call my resource parents?

A: That is something that you and your resource parents will decide on together.

Q: Will I be able to have my own room?

A: If your resource parents have enough bedrooms in their home, you may want to ask them if you can have your own room. This is something else you can talk about with your resource parents.

Q: Can I keep my belongings from home and/or can my birth parent bring me belongings from home?

A: You may keep your belongings from your birth family or things brought to you by your birth parents if they are considered appropriate by your DSS Worker and comply with the rules in your resource home.

Q: Can I stay at my same school?

A: A meeting with your treatment team and school representative will be held to determine if remaining at your current school or transferring to another school is in your best interest. This meeting is called a Best Interest Determination Meeting.

Q: Will everyone at school know I am in foster care?

A: No. Your privacy is important to your treatment team members.

Q: Can I play at or spend the night at a friend's house?

A: Your safety is the biggest priority. Your resource parent/s will make sure you will be safe if you play at a friend's house or spend the night anywhere else.

Q: If my goal is adoption, can my resource parents adopt me?

A: Maybe. If your goal is adoption, there are several choices that can be explored and talked about with everyone involved in your treatment plan.

ALL ABOUT ME
The Foundation for Your Life Book

PART I

I was born in _____ on _____.

My birth parents names are: _____

I do/do not have biological brothers and sisters.

My sibling's names are: _____.

My sibling's birth dates are: _____.

They live in _____.

I will/will not go back to the home of my birth parent(s).

PART II

My favorite place is: _____.

My least favorite place is: _____.

My favorite thing to eat is: _____.

My least favorite thing to eat is: _____.

My favorite color is: _____.

The things I enjoy doing most are: _____.

The things I enjoy doing least are: _____.

The person(s) I like the best is: _____.

My favorite song is: _____.

My favorite part of school is: _____.

My least favorite part of school is: _____.

The place where I feel the most safe is: _____.

My goals in life are: _____.

In ten years, I see myself doing: _____.

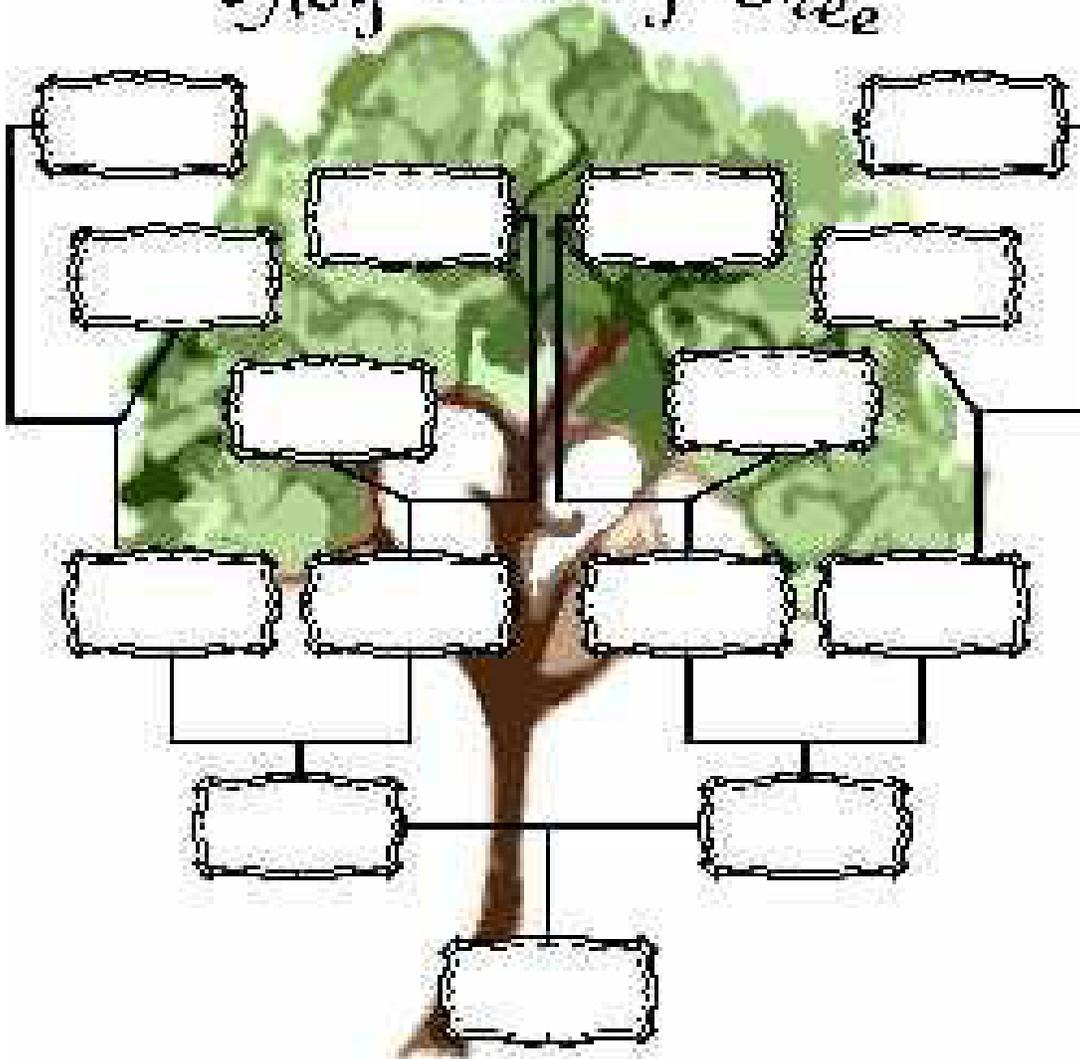
My feelings about being in foster/adoptive care: _____.

PART III: My Self Portrait

(Make a picture of how you see yourself. You can draw, color or make a collage...anything that helps you express yourself. Be creative.)

MY FAMILY TREE

My Family Tree



© 2004 by The McGraw-Hill Companies
All rights reserved.

Complete your Family Tree with the people who mean the most to you...those you

GLOSSARY OF TERMS

Adoption: When someone other than your biological parents goes before the courts and tells a judge that they want you to be part of their family.

Birth Parent: This is your biological parent, the person who gave birth to you.

CASA: Court Appointed Special Advocate. A CASA is someone who is assigned to you to help voice your best interest at Court hearings and reviews. Your CASA may also attend other meetings like FAPT and school meetings.

Case Manager: This is your UMFS TFC Worker; he or she visits with you and your resource parents on a regular basis in order to monitor your progress. Your TFC Worker also keep your DSS Worker updated on your progress.

Custody: The right of a child's care and control, carrying with it the duty of providing food, shelter, medical care, education, care, and supervision.

DSS: Department of Social Services.

Family Tree: A chart you and your TFC Worker can make that shows the relationship between you and your family members.

FAPT: Family Assessment and Planning Team. This is a decision-making team that meets to talk about your placement, progress, and needs.

GAL: Guardian Ad Litem. This person provides you with legal representation in Court.

IEP: Individualized Educational Plan. This helps you get what you need in school to achieve academic goals!

Legal Guardian: This is usually the Department of Social Services (DSS). DSS has been awarded custody of you by the courts. DSS is responsible that your basic needs are met. DSS acts as a representative in place of a parent.

Lifebook: A book that you and your TFC Worker can create that is a story all about you.

Permanency: Living with your forever family.

Psychiatrist: This is a person that will monitor your medications.

Resource Parent: A foster and/or adoptive parent.

Respite: When you spend time in the care of another UMFS resource family. It could be for a few hours or overnight. You typically return to your resource home after respite care.

Therapist: Someone that can talk with you on a regular basis about life or problems that you are having.

Treatment Foster Care (TFC): A program for children to live in a home with a family. A case manager will visit to make sure all your needs are met by the resource parent and to help connect you to other services in the community.

Treatment Team: The treatment team consists of you, your DSS Worker; your UMFS TFC Worker, your resource parents and your biological parents if they are involved in your treatment goal. The purpose of the treatment team is to make sure your goals and needs are met.

UMFS: United Methodist Family Services.

YOUR COLORING PAGE

