



FOSTERING TEENS, FOSTERING FUTURES!



A
Family
for ME

Fostering Teens,
Fostering Futures!

Scan the code to learn more about foster care!

Have You Ever Wondered...

Why do some people go through horrible experiences, but are able to overcome the negative effects? Why do others seem to struggle with events that appear to be minor in comparison? Research has named this ability to overcome "Resilience." The first research about this concept was published in 1973.

Since that time, after years of data collection and interviews, it boils down to "Protective Factors." Protective factors are experiences in life that can counteract the effects of traumatic or negative experiences.

What does this have to do with being a resource parent? Everything!

The following is a quote from *The Science of Resilience* from the Harvard University Center on the Developing Child: "No matter the source of hardship, the single most common factor for children who end up doing well, is having the support of at least one stable and committed relationship with a parent, caregiver or other adult."

There are other factors that contribute to resilience.

Most of those factors can be facilitated by the supportive adult described in that statement.

Sometimes, adults fear that it is "too late" for a preteen or teen to build resilience - not true! It is never too late to build resilience.

Older youth still need support and a sense of belonging. They may be fearful and resistant, but with persistence, consistency, and unconditional positive regard, you can be the protective factor for youth in care.



Maine Heart Gallery Spotlight

Shelby, D.O.B. 2007

Shelby likes cooking, music, swimming, drawing, and animals (especially dogs).

To see more children from the Maine Heart Gallery, please visit
afamilyformemaine.org/heart-gallery

Summer Bucket List for Teens

A bucket list is a great way to help your teenager set goals, stay productive, and create fantastic summer memories for the whole family!

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|-------------------------|----------------------|
| ·Visit a farm | ·Grow a garden |
| ·Go paddling | ·Try ziplining |
| ·Swim | ·Arts & crafts class |
| ·Hike at a local park | ·Plan a picnic |
| ·Go biking | ·Play mini-golf |
| ·Watch a sunrise/sunset | ·Bake/cook together |
| ·Go to a concert | ·Try rock climbing |
| ·Visit a zoo | ·Host a sleepover |
| ·Go camping | ·Have a spa day |

Reasons to Foster Teens

- No diapers, formula, or burp rags needed
- We sleep through the night
- We might move out soon (but we'll still visit)
- We'll keep you up-to-date on the latest fashion
- You don't just get a child, you get a friend
- If we get our permit, we can drive you places
- We can help around the house
- We can show you how to run your devices
- We can learn from you
- We will teach you how to be more patient, understanding, and empathetic

A Family for ME Recruiters:

Amy Bergeron- Districts 6 & 8 (Northern ME),
207-572-0950, abergeron@spurwink.org

Kasey McDonough- District 5 (Central ME),
207-699-9408, kmcdonough@spurwink.org

Christine Brown- District 3 (Central ME),
207-274-0745, cbrown@spurwink.org

Patricia Tate- District 4 & 7 (Eastern ME),
207-810-6010, ptate@spurwink.org

Stephanie Eklund- District 1 & 2 (Southern ME),
207-400-9146, seklund@spurwink.org

Resources for Families and Teens:

University of Maine Multicultural Student Center:
free training for community members, faculty and students- umaine.edu/multicultural

YMCA: resources include youth development, healthy living, and social responsibility. Find your local YMCA here: nneymcas.org/find-your-ymca/

Foster Friends Database: offering wrap-around services and after-hours help for foster families.
[Foster Friends Database: Send a Need Alert](#)

AFFM: support for Maine's kinship caregivers and all resource parents. affm.net

Resource Parent Care Team: resources and support for foster and adoptive parents, kinship caregivers, and legal guardians. chcs-me.org

Therapeutic Foster Care Agencies: positive outcomes for children in family-based treatment settings and best practices in treatment foster care. [Family Focused Treatment Association](#)

Maine Parent Federation: support and services for families and professionals working with children with disabilities or special health needs. mpf.org

Join us to learn more about foster care, respite care, and adoption - Register [HERE](#) or on the Events page at afamilyforme.org.

