



SESSION 2-C

Sibling Connection, Social Capital, Normalcy, and Promoting Resiliency

H.A.N.A.I. Pre-Service Training

Hawai'i Assures Nurturing and Involvement
For Children in the Hawai'i State Department of Human Services
Child Welfare Services Foster Care System

Training Agenda

1. Welcome Back	3 Minutes
2. Sibling Connection	60 Minutes
3. Social Capital	30 Minutes
4. Normalcy	45 Minutes
5. Promoting Resiliency	60 Minutes
6. Questions?	10 Minutes

Competencies and Objectives

- Resource caregivers will hear from youth and providers regarding the impact and importance of sibling connections while in foster care.
- Resource caregivers will define social capital, normalcy and understand how to support these concepts.
- Resource caregivers will be aware of special considerations that could impact normalcy for the youth.
- Resource caregivers will understand their role in promoting safety and resiliency for the youth.

Pilina: Keeping Siblings Connected in Foster Care

Epic Ohana, Inc.

[Pilina: Keeping Siblings Connected in Foster Care Training - YouTube](#)

Supporting the Underserverable Bonds Between Siblings in Foster Care

Over the years, young people have shared what is really important for them while in foster care and most of them stated “We want to see our siblings”. In the United States, 70% of youth have a sibling that currently in foster care with them and in more recent data about 65% are placed with a sibling while in foster care. We want resource caregivers to hear from youth and professionals about the impact that separation of sibling has on youth in foster care. We want resource caregivers to understand the importance of sibling of connections for all youth while being in foster care.

Activity: Empathy Exercise

Sibling Video: Brothers and Sisters: Keeping Siblings in Foster Care Connected

Values

OHANA: FAMILY connections are honored

PILINA: Honoring and promoting UNSEVERABLE BONDS between siblings

KULEANA: Understanding our ROLE and RESPONSIBILITY in keeping siblings connected

MALAMA: To CARE for the well-being of our keiki in foster care

LAULIMA: Working together as a TEAM to ensure sibling connections

Vision: Sibling relationships are honored and prioritized as critical, lifelong relationships.

We support this by:

- **Placing siblings together** when they enter foster care (preferably with family).
- If siblings must be separated, keep them in the **same school district or neighborhood**.
- Ensure that their **team** is committed to **providing strong, consistent sibling connections** (visits, phone/FaceTime, activities, milestones)

As resource caregivers you play a crucial role in keeping youth connected with the birth families including both parents and siblings. Many youth are unable to be placed with all of their siblings for various reasons such as limited space in homes, location of homes.

Reflection: How can you commit to keeping youth connected with their sibling(s)?

Activity: RIGHTS OF CHILDREN IN CARE

Myth or Fact?

Myth or Fact: Live in a home, free from physical, psychological, sexual, and other abuse.

Myth or Fact: Receive food, shelter, and clothing.

Myth or Fact: Receive medical care, dental services, and corrective vision care.

Myth or Fact: Be enrolled in a health insurance plan and, within 200 days of out-of-home placement, be provided with a health assessment and recommend treatment.

Myth or Fact: Have regular, supervised or unsupervised, in-person, telephone, or other forms of contact with the child's parents and siblings while the child is in foster care unless the contact is either prohibited by court order or is deemed unsafe by the child's child welfare services worker, therapist, guardian ad litem, or court appointed special advocate. Withholding visitation shall not be used as punishment.

Myth or Fact: Receive notice of court hearings, and if the child wishes to attend hearings, it is your responsibility to make sure the child gets there.

Myth or Fact: Have in-person contact with the child's assigned child welfare services worker.

Myth or Fact: Have the ability to exercise the child's own religious beliefs, including the refusal to attend any religious activities and services.

Myth or Fact: Youth cannot request a bank account unless approved and managed by the caregiver.

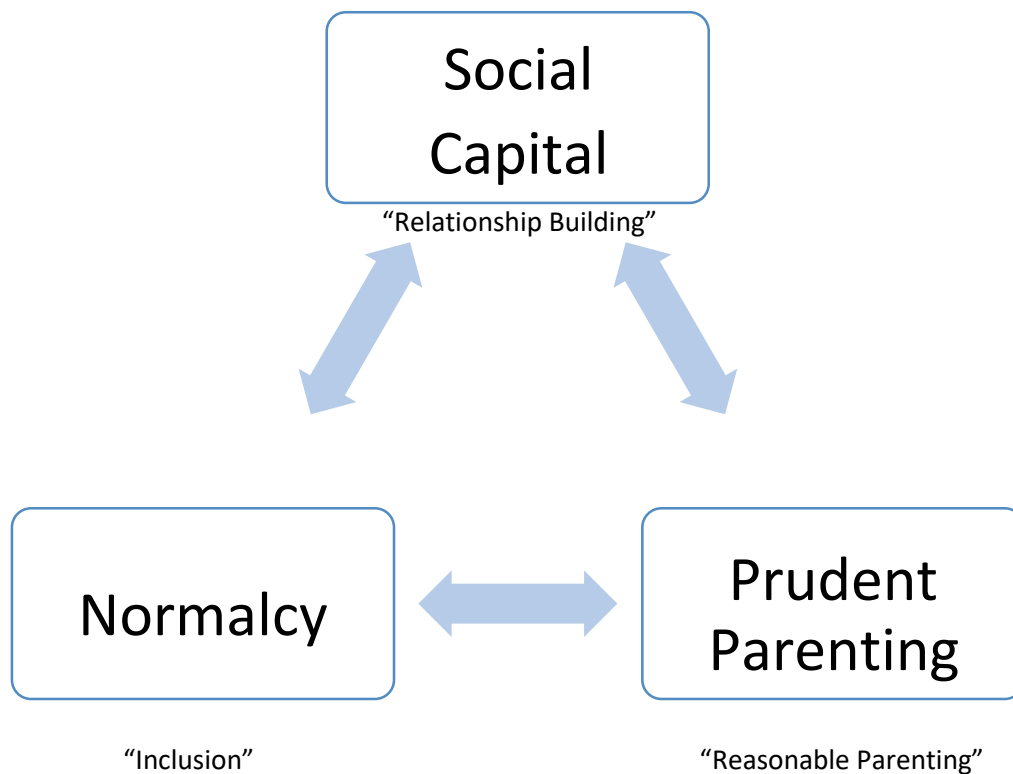
Myth or Fact: Be able to participate in extracurricular, enrichment, cultural, and social activities; provided that if a child-caring institution or resource caregiver authorizes the participation, the authorization shall be in accordance with the reasonable and prudent parent standards.

Myth or Fact: Beginning at age 16, be provided with age-appropriate life skills training and a transition plan for appropriately moving out of the foster care system, which shall include reunification or other permanency, and written information concerning independent living programs, foster youth organizations, and transitional planning services that are available to all children in foster care who are sixteen years of age or older and their resource families.

Myth or Fact: If the child is 14 years of age or older, have a right to be involved in developing a case plan and planning for the child's future.

Myth or Fact: If the child is 18 years of age or older, receive the child's credit report, free of charge, annually during the child's time in foster care and received assistance with interpreting the report and resolving inaccuracies, including when feasible, assistance from the child's guardian ad litem.

Myth or Fact: If the child is seventeen years of age, receive prior to aging out of care certain personal records, such as an official or certified copy of the child's United States birth certificate, a Social Security card issued by the Commissioner of Social Security, health insurance information, a copy of the child's medical records or information to access the child's medical records free of charge, immigration documents, and a driver's license or civil identification card issued by the State; provided that the department or authorized agency shall obtain the personal records for the child.



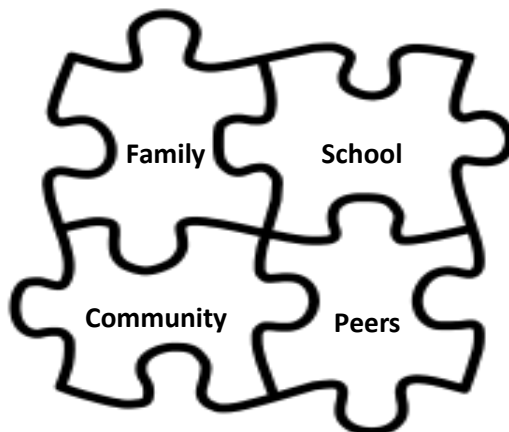
What is Social Capital?

Social capital is the value that is created by investing in relationships with others through processes of trust and reciprocity. It creates a sense of belonging and being connected to the social world.

The FOUR Dimensions of Social Capital

*Respect and support
family connections*

*Keep in one **community**,
engage young people in
community activities*



*Encourage **educational**
stability, establish social
capital*

*Support healthy **peer**
connections; appropriate
friends & dating*

Video: Social Capital: Building Networks of Support for Young People Affected by Foster Care (4 min. and 48 sec.)

How to Nurture Social Capital

- Include youth in their permanency planning.
- Supporting connections with all birth family members, including parents and siblings.
- Help redefine “family” for the youth in your home. How has it changed for them? How has it stayed the same?
- Emphasize connections with teachers and keeping children in the same school if possible.
- Include youth in educational planning and goal setting. What goals can you set with the youth?
- Honor current healthy peer relationships and encourage new ones.
- Keep the youth connected to the community through jobs, faith, and culture. How else can you keep a youth connected to the community?
- Encourage age-appropriate socialization. Examples: Dating, youth groups, playtime at the park.

Benefits of Developing Social Capital

- Nurtures the current relationship between the youth with their siblings, parents, extended family, HANAI family, mentors, peers, and trusted adults.
- Provides an opportunity for the family to experience developmental milestones.
- Allows healthy risk-taking, exploration, and discovery for any youth with peers, community, and family.
- Provides problem-solving skills and builds self-esteem.
- Increase the ability to create healthy intimate relationships in adulthood.
- Increase academic success.
- Increase civic engagement in adulthood.
- Connections with birth and resource families create smooth transitions for aging-out or reunification.
- Increase confidence in the youth's identity.

Activity: Zoey's Social Capital

Zoey has been placed in a general license home on a side of the island that is unfamiliar to her. She has changed schools and has missed a significant number of days at her previous school since being placed in care. Zoey is struggling to pay attention in class at her new school. She enjoys art and started drawing every day in school and at her new resource home.

Zoey has been seeing her brother, Noah, twice a month. They play at the beach and Zoey takes care of him during their visits. They sometimes see their mom at visits as well, however, they choose to play with each other more than with their mom. Zoey is always very sad to leave her brother at the end of visitation.

Zoey started going to a new Boys and Girls club and has made some new friends that also like to draw and play at the beach. Zoey's resource family has noticed that she is a fast runner and they plan to sign Zoey up for the school soccer team soon.

Zoey's Social Capital
<ul style="list-style-type: none">• What strengths do you see in Zoey's social capital?• What dimensions of her social capital need to be further developed?• How would you develop Zoey's social capital?

My Youth's Social Capital

- What strengths do you see in your youth's social capital?
- What dimensions of his/her social capital need to be further developed?
- How can you develop your youth's social capital?

Normalcy



Video: Promoting Well-Being and Normalcy for Foster Youth (8 minutes and 51 sec)

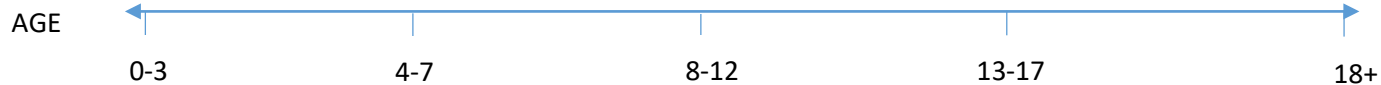
Normalcy is referred to as the collection of age and developmentally appropriate activities, experiences, and opportunities that should make up the daily lives of young people and how critical this component is in healthy youth and adolescent development.

Normalcy is vital for our youth in care. What families typically and naturally do for their birth children and teenagers is what youth in care need to be successful in life. Ongoing positive family, peer, and community connections serve protective factors against a range of health risk behaviors in which young people might engage.

Protective Factors

- Youth Resilience-helping the youth manage stress and enhance their ability to function well when faced with stressors, challenges, adversity; the outcome is personal growth and positive change.
- Social Connections: helping them have consistent relationships with people, institutions (schools), and the community. Establishing empowered to make sound decisions.
- Knowledge of youth and adolescent development
- Youth's social and emotional competence: helping youth develop skills.

Activity: When is the “right” time?



Discussion:

How can you support your youth?

What are some barriers?

Promoting Resiliency

What is Resilience?

Having the strength and good outcomes despite existing a high-stress environment or experiencing trauma.

Core Principals of Resilience

- Optimism: There is hope for every youth, no matter their history.
- Strengths-Based approach: Focus on strengths rather than deficits.
- Broad Context: Include siblings, extended family, teachers, and service providers in developing resilience in the youth.
- Exposure Level: Give youth a loving and safe home that will prevent exposure to violence and abuse again.
- Individualized Experiences: Each youth will process experiences differently. Be aware of what might harm or help the youth in your home.
- Group Experiences: Create opportunities for the youth to engage with others that share similar age and culture.
- Ongoing Support: Transitions for the youth in care are ongoing, so your support should continue as they develop their own strengths. One of the biggest resiliency factors is to have a consistent relationship with a caring, trusting adult. You as a resource family could be a vital part of building a resilient path for them.

Video: Remember My Story- ReMoved 2 (22 mins and 34 sec.)

Discussion:

Any Thoughts?

Who/what contributed to Zoe's resiliency?

Techniques to Develop Resilience in Youth

- Model healthy relationships
- Nurture caring relationships within your home and in the community
- Create opportunities to grow and learn new skills
- Give respect, compassion, and active listening
- Demonstrate healthy communication and conflict management tools
- Discuss the expectations of the youth. Create a challenging, but manageable list of responsibilities
- Tutoring, mentoring, community-based youth activities, recreational activities
- Support cultural traditions

Caregivers can model loving, supportive, and regulated behavior. Resource caregivers must build strong relationships to promote the feeling of safety and trust with the youth. The youth is more likely to come to a caregiver with struggles when there is a strong connection.

References

- Pilina: Keeping Sibling Connected in Foster Care Training Video: Epic `Ohana, Inc
- [Promoting Development of Resilience Among Young People in Foster Care - The Annie E. Casey Foundation \(aecf.org\)](http://aecf.org)
- Promoting Well-Being and Normalcy for Foster Youth: Epic `Ohana, Inc
- Remember My Story-Removed Part 2-Youtube
- Social Capital: Building Networks of Support of Young People Affected by Foster Care: Epic `Ohana, Inc
- Supporting material, bill of rights, and information provided by Department of Human Services and Epic `Ohana, Inc