



HANAI

Hawai'i Assures Nurturing and Involvement



Sibling Connection, Social Capital, Normalcy, Promoting Resiliency

SESSION 2-C



Training Agenda

- Sibling Connection
- Bill of Rights Activity
- The Dimensions of Social Capital
- Normalcy
- Promoting Resiliency



Competencies & 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.





SIBLING CONNECTION

Pilina

**Supporting the unseverable
bonds between siblings
in foster care.**



Reflection

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





Social Capital

Bill of Rights

- This bill was signed into law as Act 105 by Governor Ige on July 5, 2018.
- The purpose was to update and change the former existing guiding principles.



Activity: Rights of Youth in Care

Myth or Fact: Live in a home, free of physical, psychological, sexual or other abuse

Myth or Fact: Receive food, shelter, and clothing

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

Youth also have a right to mental health 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 recommended treatment.

Youth have a right to these within 45 days of placement



Activity: Rights of Youth in Care

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 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 the youth's responsibility to get there

The Department or authorized agency is responsible for child attendance in court.

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



Activity: Rights of Youth in Care

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.

Youth have this right beginning at age 12.

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



Activity: Rights of Youth in Care

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 receive assistance with interpreting the report and resolving inaccuracies, including, when feasible, assistance from the child's guardian ad litem

Youth have this right beginning at age 14 years or older.

Myth or Fact: If the child is 17 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 free of charge, immigration documents, and a driver's license or civil identification card issued by the state.



Activity: Rights of Youth in Care

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

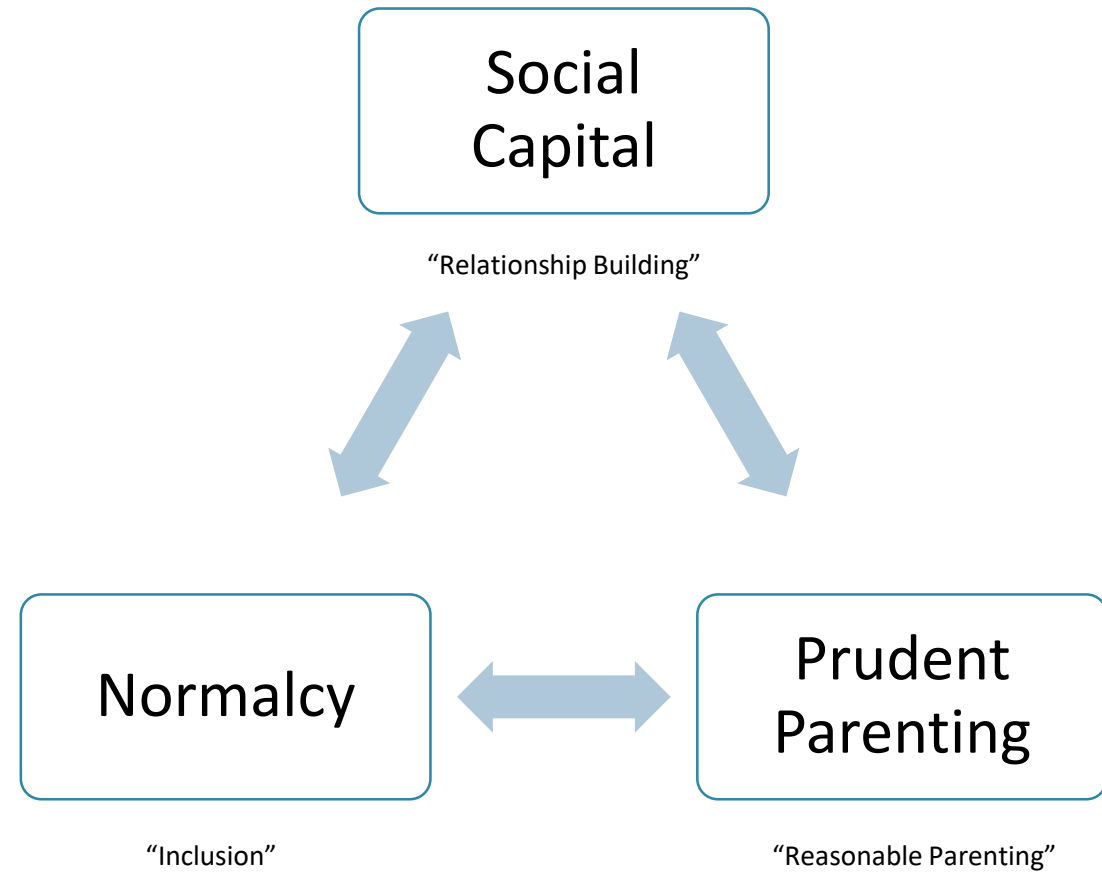
Youth have the right to a bank account and money management support.

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 parenting standards.



Social Capital

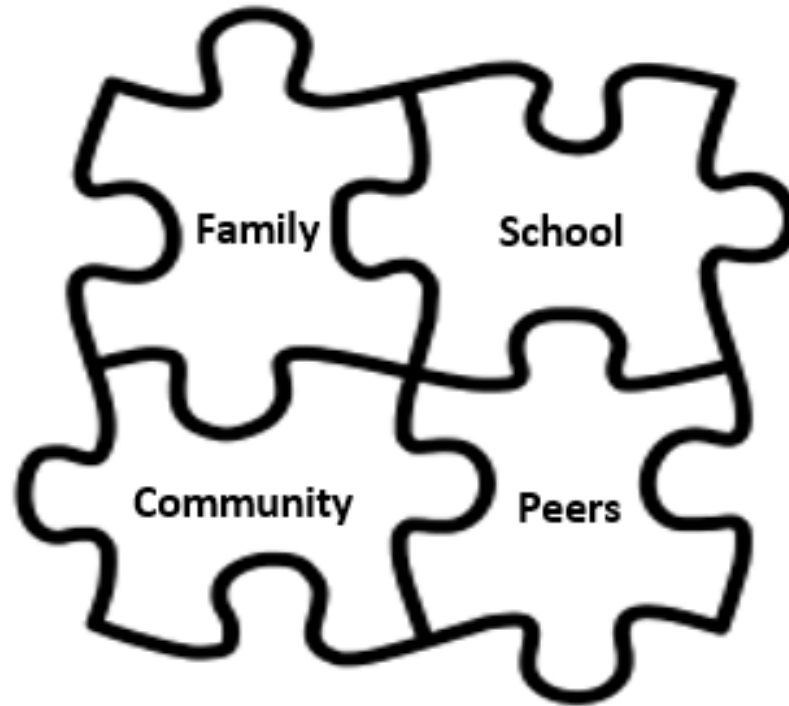
The value that is created by investing in relationships with other through processes of trust and reciprocity. It creates a sense of belonging and being connected to the social world.



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 new
social capital*

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



How to Nurture Social Capital

- Include youth in their permanency planning
- Supporting connections with all biological family members, including parents and siblings
- Help redefine “family” for the youth in your home
- Emphasize connections with teachers and keeping children in the same school if possible



How to Nurture Social Capital

- Include youth in educational planning and goal setting
- Honor current healthy peer relationships and encourage new ones
- Keep the youth connected to the community through career opportunity, faith, culture, etc.
- Encourage age-appropriate socialization



Benefits of Social Capital

- Nurtures the current relationships between youth and 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 youth with peers, community, and family
- Provides problems solving skills and builds self-esteem



Benefits of Social Capital

- Increase the ability to create healthy intimate relationships in adulthood
- Increase academic success
- Connections with biological and resource families create smooth transitions for aging-out or reunification
- Increase confidence in youth's identity



Zoey's Social Capital (Part 1)

Zoey has been placed in a general license home unfamiliar to her. She has changed schools and has missed a significant number of days at her previous school. She is struggling to pay attention in class. She enjoys art and draws both in school and at home.

Zoey has been seeing her brother, Beniah, twice a month. They play at the beach and Zoey comforts him during their visits. During visits with their mother, they choose to play with each other rather than with her. Zoey is always very sad to leave her brother at the end of visitation.



Zoey's Social Capital (Part 2)

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 caregiver also noticed that she is a fast runner.



Activity : Zoey's Social Capital

- What strengths do you see in Zoey's social capital?
- What dimensions of her social capital need to be further developed?



Normalcy





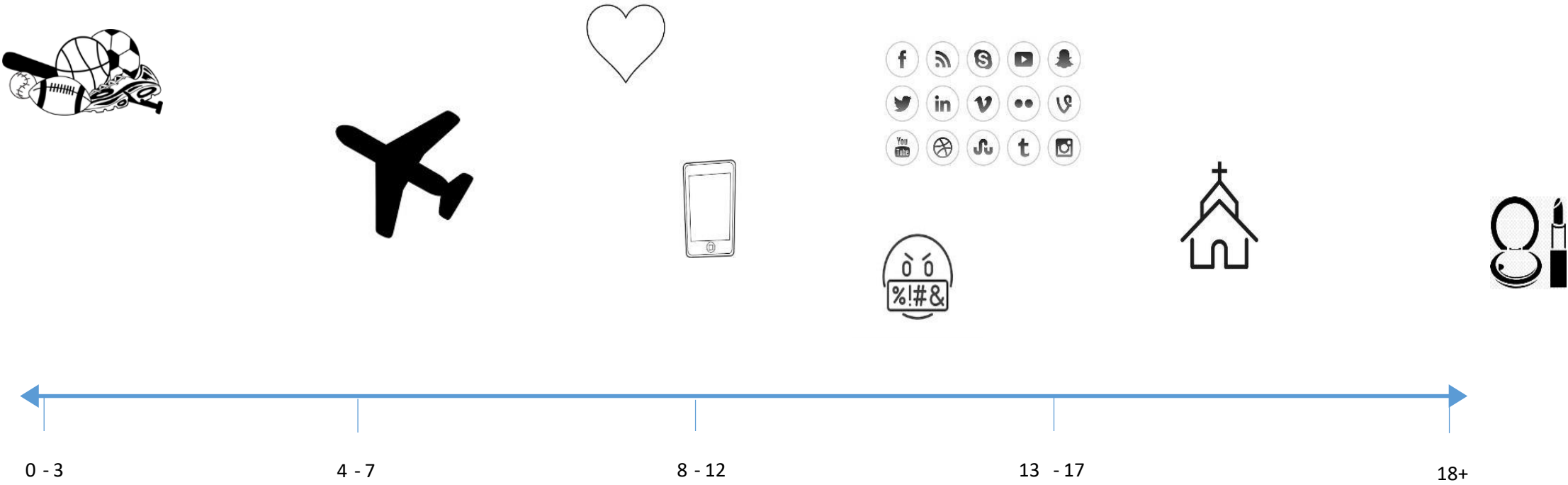
Normalcy

The collection of age and developmentally appropriate activities, experiences, and opportunities that should make up the daily lives of youth.

- Crucial for youth in care
- Should be treated like “normal” youth



ACTIVITY: WHEN IS THE “RIGHT” TIME?



Discussion

- How can you support the youth?
- What are some barriers that are preventing youth from having normalcy?





Promoting Resiliency

Promoting Resiliency

What is resilience?

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



Core Principles of Resilience

- Optimism: having hope for every child
- Strengths-Based Approach: focus on strengths rather than deficits
- Broad Context: include siblings, extended family, teachers and service providers in developing resilience
- Exposure Level: give youth a loving and safe home that will prevent exposure to violence and abuse



Core Principles of Resilience

- Individualized Experiences: each youth will process experiences differently
- Group Experiences: create opportunities for them to engage with others that share similar age and culture
- Ongoing Support: transitions for youth in care are ongoing, one of the biggest resiliency factors is to have a consistent relationship with a caring, trusted adult.





Discussion: ReMoved 2

- Any thoughts?
- Who/what contributed to Zoey's resiliency?



Techniques to Develop Resiliency

- Modeling healthy relationships
- Nurture caring relationships within your home and community
- Create opportunities to learn new skills and grow
- Give respect, compassion, and active listening
- Demonstrate healthy communication and conflict management
- Discuss expectations. Create challenging but achievable responsibilities
- Support cultural traditions
- Recreational and other community-based activities



QUESTIONS?



A faint, light blue map of the Hawaiian Islands is centered in the upper half of the slide, set against a light blue background that represents the ocean.

MAHALO!



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

