



---

# News and Notes

## Youth Alternatives Foster Care Program

### May is National Foster Care Month

#### 542,000 Reasons to Get Involved

There were 542,000 children in the U.S. foster care system on September 30, 2001, about twice as many in 1987. They are cared for by about 170,000 foster families. Most children are in foster care due to abuse and neglect. The average age was 10.6 years. Just over half the children taken into care were boys; just under half were girls. The percentage of children of color in the foster care system is higher than the

general population. However, abuse and neglect occur at about the same rate in all racial groups. Nearly one-third of children in out-of-home care reside with relatives. Over two million other children live with grandparents or other relatives because their parents cannot care for them. When relatives care for children, brothers and sisters can stay connected to each other, and their extended family, community and school. Each year around 20,000 young peo-

ple "age out" of foster care. Many are only 18 years old and still need services. Often they become homeless: three out of 10 of the nation's homeless were once in foster care. Teens in out-of-home care are 57% less likely to complete high school than those in the general population.



National Foster Care Month  
MAY 2004

### Celebrate Foster Care Month in Maine

There will be a celebration of Foster Care Month to recognize Foster Families and Children State-wide. This program is sponsored by A Family for Me in collaboration with the Maine Department of Human Services, Youth Alternatives, Maine Caring Families, KidsPeace, Woodfords Family Services, SMART, Catholic Charities of Maine, Com-

munity Health and Counseling, Case Family Services, and Care Development. This is a celebration for foster children, foster families, adoptive families that were previously foster care providers, and agency staff. It is scheduled for May 13, 2004 in the Hall of Flags on the second floor of the State House in Augusta. It will be from

9:30-10:30 am. The program includes refreshments, speakers, entertainment, and crafts for children. Governor John Baldacci is scheduled to speak and to issue a Foster Family Month Proclamation. For more information contact Joyce Pringle 582-4034 of the Maine Foster Parent Association (MFPA).

---

#### Youth Alternatives, Inc.

Volume 1, Issue 5

May, 2004

---

#### YA All Stars

- ☺ Robert C. will be attending a two-week Outward Bound Program this summer.
- ☺ Foster parents Dan and Marie Boucher just celebrated their 29th wedding anniversary.
- ☺ Case Manager Justin LaFontaine and his wife welcomed their new daughter, Anna, on March 30.
- ☺ Welcome to three foster children to YA: Sadie B. and Virginia and Victoria H!

---

#### Inside this issue:

|                 |   |
|-----------------|---|
| From the Editor | 2 |
| Training Corner | 2 |
| Goodbye Dave    | 2 |
| No Smoking      | 3 |
| Discounts       | 3 |
| Mother's Day    | 5 |

---

# Training Corner

## June Trainings

- 6/3 How to Say 'No' to Your Toddler 6:30-8:00  
MaineHealth Learning Resource Center, Falmouth
- 6/8 Dynamics of Sexual Abuse 9-4 Keeley the Katerer, Portland
- 6/9 Asperser's Syndrome 8-4:30  
Marriott/Sable Oaks, So Portland
- 6/9 Blending Traditions and Values: Integrating and Honoring Similarities and Differences in Adoptive and Foster Families 9-4  
Casey Family Services, Portland
- 6/11 Living on the Borderline: Trauma, Anxiety, Depression and

Self-harming Behaviors 9-4  
Freeport Community Library

- 6/17 CPR\* 9-12:30  
YA Fourth FL Conf Room
- 6/17 CPR Challenge\* 12:30-1  
YA Fourth FL Conf Room
- 6/17 First Aid 1-4:00  
YA Fourth FL Conf Room
- 6/19 Schizophrenia 7:30-3:30  
Holiday Inn West, Portland

\*Trainings at YA. To sign up for a training contact Jessica Brakeley at [registration@youthalternatives.org](mailto:registration@youthalternatives.org) or call her at 874-1175 x110. For information about the other trainings, please contact your case manager.



*There are 8 weeks left in this fiscal year; do you know how many training hours you have??* Now would be a great time to check on your training hours! As a courtesy, YA keeps copies of your training records. You, however, should be keeping copies as well as you need them for your FP license renewal.



## From the Editor

Spring has finally sprung and the foster care program is undergoing transformation and renewal. Bear with us as some people go, and case managers and duties are reassigned. Change can be stressful but ultimately can lead to new opportunities and growth. Here's to a fruitful spring!

Sarah  
[sdowling@youthalternatives.org](mailto:sdowling@youthalternatives.org)



## Goodbye Dave!

As most of you know by now, YA's foster care program has been undergoing some changes, especially the elimination of three staff positions beginning July 1, 2004. These positions are one and one-half case manager positions and the assistant director position. Dave Boldebook has held the assistant director position for three years. He has been integral in establishing the book club program, and in recruiting, and training new foster

parents and staff, among many many other duties. Dave has recently accepted a position with Port Resources in Portland. He will be the Clinical Program Director with youth in residential care. Dave reports that he is very sad to be leaving YA and all the staff, foster parents and children with whom he has worked. He is, however, very excited about the opportunities that this new position offers. All of us at YA wish Dave well!

## Discount Funtown/Splashtown Tickets

Youth Alternatives will be purchasing discount Funtown/Splashtown for employees including foster families. The tickets are combination tickets good for both Funtown (rides and Splashtown (water park). The cost is \$20 each for people of any height. The regular price is \$30 for people 48 inches or taller and \$21.50 for people 38-48 inches. The tickets are

good for any day of the 2004 season. More information about Funtown/Splashtown is available on the web at: [www.funtownusa.com](http://www.funtownusa.com). If you are interested in purchasing tickets, please contact your case manager ASAP.



## Respite Information

There is a new contact person for Respite information, including payment information. Rather than contact Brenda, please contact Pat Boucher at extension 128 or [pboucher@youthalternatives.org](mailto:pboucher@youthalternatives.org). Please make certain that you are using the new respite forms; if you submit the old forms, they will be returned to you.

## Savings and Discounts for Foster Parents

Foster parents are eligible for a free discount card from **Adoptive and Foster Families of Maine**. With this card, foster families are able to get discounts from a variety of vendors including the Narrow Gauge Railway, The Portland Museum of Art, the Boothbay Railway Village, the Bethel Outdoor Adventure and Campground, FunTownUSA/SplashtownUSA, Aguaboggan and many more. To request a card and get a complete list of participating businesses, go to the ADDM website at [www.affm.net/php/discountcards.php](http://www.affm.net/php/discountcards.php), or you may contact them at 1-800-883-9786.

Foster Families are also eligible for Maine State Park Passes. To receive one, please contact Connie of Adoptive and Foster Parents of Maine. Her number is 1-207-827-2331. You will need to provide her with your Foster Care License number, mailing address, and telephone number.



### L.L. Bean, Inc.

DHS Foster Parent Program  
Discount Policy 7/1/03

#### Eligibility Criteria

- Purchases for State of Maine Foster Children only.
- Purchases are for Clothing, Footwear, and/or Backpack only.

#### Discount Use Guidelines

- 33 1/3% off most full-priced merchandise. (Some exceptions apply, either 20% discount or no discount.)
- Retail Stores and Mail Orders only. No Phone or Internet orders.
- No further discount at Factory Stores.
- No discount on special orders. (Retail in-stock items only.)
- No backorders on Retail Store purchases/purchase orders.
- Purchases for other family members are prohibited.
- No discount on gift certificates.
- Current L.L.Bean shipping charges apply.



- Sales tax applies for individual purchases.
- Tax exempt when authorized DHS purchase order used.

#### Retail Store Purchases

- Foster parent must present agency check stub for clothing allowance.
- Transactions must be done at Customer Service Desk.
- Transaction amount cannot exceed the amount of the check.
- Cashier will stamp the check stub, which may not be re-used, even if the purchase is not for the full amount of the clothing allowance.

#### Catalog Mail Order Purchases

- Must submit original check stub and a copy of foster parent license to L.L.Bean Mail Order Services Dept, Freeport, ME 04033.
- Check stub will not be returned. Foster parent should keep a copy for their records.
- DHS purchase orders will also be processed in Mail Order Services.

## No Smoking Policy

YA has a new smoking policy for foster homes which begins on July 1, 2004. The policy states while foster families have children placed in their homes, there will be no smoking in the home at any time. This means that while a foster family has a placement, that there will be no smoking in the home, even if the child is not present. In addition, while children are placed in a home, there will be

no smoking in foster families' vehicles. This policy is in response to recent research that indicates the harmful effects of second hand smoke, as well as impending changes in DHS policies. In the meantime, YA hopes that any foster parent currently who smokes in their vehicles will refrain from smoking while their foster children are present, and will thoroughly air out their vehicles prior to transporting their

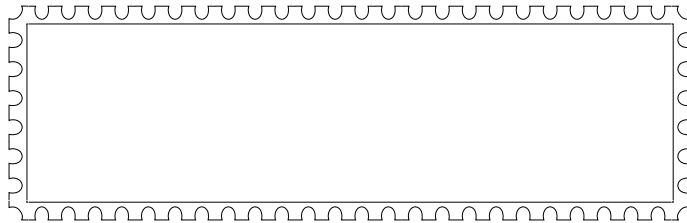
foster children If you have questions about these new policies, please speak with your case manager or contact Anne Archibald.



## Youth Alternatives, Inc.

Primary Business Address  
One Post Office Square/PO Box 596  
Portland, Maine 04112-0596  
www.youthalternatives.org

Phone: 874-1175  
Fax: 874-1124  
Email: sdowling@youthalternatives.org



---

## The Origins of Mother's Day

Some historians believe that the first celebrations of Mother's Day started 250 years before Christ's birth. Both the ancient Greek and the ancient Roman empires had holidays dedicated to specific mother goddesses. More modern celebrations can be traced to England where "Mothering Sunday" was observed on the fourth Sunday in Lent. Traditions included that people visited their "mother" church (where they were baptized) and attending the mother church of their parish and bringing offerings.

In America, Anna Jarvis is credited with originating Mother's Day. Two years after her own mother died,

she started a letter writing campaign to influential ministers, business and congressmen to establish a national Mother's Day holiday. She felt that children neglected to appreciate their mothers enough while the mother was still alive. She hoped Mother's Day would increase respect for parents and strengthen family bonds. The first Mother's Day observances were church service in honor of Anne Jarvis's mother on May 10, 1908. They were held in Jarvis family churches in West Virginia and Pennsylvania. Miss Jarvis supplied white carnations because they were her mother's favorite flowers and because white carnations symbolized the endurance of a mother's love. Later red carnations

Became the symbol of a living mother, while white carnations symbolize that one's mother has died.

By 1911, every state had its own Mother's Day observances. In May of 1914, Congress passed a joint resolution designating the second Sunday in May as Mother's Day. President Woodrow Wilson issued the first proclamation making Mother's Day an official national holiday.

