

THE ANU STORY

Anu is a national organization, founded in 1972 by a group of committed and innovative foster parents who saw a need for a more specialized and personal approach to foster care.

Pioneering the treatment foster care concept, Anu has built a reputation for quality and leadership in the foster care field. Our team approach brings together everyone involved with the child to create a continuum of care.

ANU SERVICES

- **Treatment Foster Care**
- **Medical Foster Care**
- **Adoption Services**
- **Respite Foster care**
- **Education Institute (foster parent education)**
- **Bridge Builders (a program to teach independent living skills to youth)**
- **Group Services**
- **Family Preservation and In-home Services**

Individual, corporate and community support is crucial to our work and our success with children. While it may not fit for you to become a foster parent, your financial support can benefit our efforts.

FAMILY CONNECTIONS



Anu Family Service

You've been referred to

FAMILY CONNECTIONS

What is the Family Connections program? It is an intensive in home service program designed to help you meet the needs of your challenging child. Family Therapy and Family Mentoring are services tailored to meet the needs of the family and are coordinated through close working relationships with your treatment team through the Children Come First program at Community Partnerships, Inc.

CONTACT INFORMATION

Anu Family Service

South Towne Office Park
6000 Gisholt Drive, Suite 109
Madison, WI 53713

608-663-1262

or

1-877-842-7284

www.anufs.org



In Home Family Therapy

You and your family will work with a licensed therapist to develop a counseling plan that will help relieve some of the daily parenting stress and will coach individuals to build skills to meet the needs of all members of the family.

You can expect to meet with your family therapist for 1 – 4 hours a week. Some of these meetings will include all family members; some may be sessions with only one or two members of the family present. Additionally, your family therapist may be present at team meetings with your case coordination team or at a school meeting as needed.

Family therapy is not easy. You will be asked to talk about difficult topics, try new parenting techniques or change your expectations for your child. These requests may make you uncomfortable at first, but we are confident that if we work together your family can achieve its goals.



Family to Family Mentoring

You will be matched with a Family Mentor who is a foster parent. Your Mentor will work with you and your family and a supervising therapist to provide support, educational resources, planned respite and crisis intervention 24 hours a day 7 days a week. The family mentor functions as peer support for parents who have had their daily lives dramatically altered trying to meet the needs of their child who is experiencing ongoing emotional and behavioral challenges.

The family mentor will plan social activities with your family to ensure you have positive family time. This may mean family game nights or a trip to the church festival together. The family mentor will encourage and help you build/increase your social and support networks to ensure you have the help you need after your involvement with this program has ended.

The family mentor will also schedule time with you to work on new parenting strategies. You can expect to have 4 – 6 hours of scheduled time a week with your mentor. Your family mentor will work with you to develop advanced parenting knowledge and skill to meet the highly challenging demands of your child. Using child development guidelines and an assessment of your child's current functional capacity the worker, in consultation with you and the supervising therapist, will provide you and your family parenting strategies through instruction,

role play opportunities, modeling and coaching.

The goal of this intervention is to help you provide an environment where your child replaces maladaptive behaviors with behaviors that help them meet their needs. We believe that by enhancing your parenting skills and giving you more strategies you will help your child improve their functioning in the family and you will have a more rewarding relationship with them.

The family mentor will also be available to help you when your child has lost control of themselves. This will likely be done over the phone as they help you work your crisis plan. In the event that your child is not responding to your interventions they may come to your home to help you in person. They are also available to provide crisis respite if necessary to allow for you and your child to calm and regroup.

Potential Training Topics

- Behavior Management
- Discipline
- Conflict Resolution
- Problem Solving
- Advocacy
- Housekeeping
- Nutrition
- Budgeting
- Household Structure
- Accessing Community Resources
- Empowerment