

# Anu connections

The newsletter of Anu Family Services

Spring 2010 | issue 03



We create permanent connections to loving & stable families.



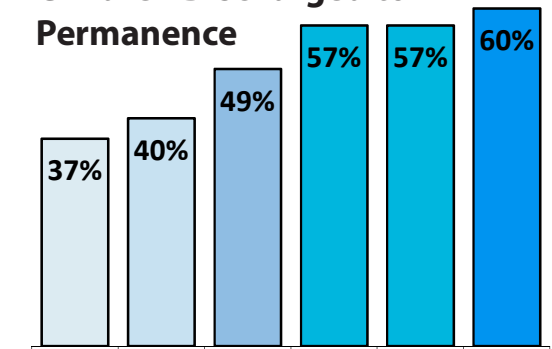
## Finding Uncle Joe...

We have begun to provide in-depth monthly training to Anu staff and have also begun training our treatment foster parents in our two models of permanence, Family Search and Engagement (FSE) and the 3-5-7 Model of Permanence. FSE will help us to work with youth to identify important connections in their lives and create a network of support to help youth achieve successful outcomes through

developing a sense of purpose and belonging in their lives. The 3-5-7 Model will help our social workers and our treatment foster parents work with youth to prepare for permanence. There are so many grief and loss issues, even around making positive family connections. A youth may think after we've finally found their Uncle Joe, "Well, if you could find him now, why didn't you find him 5 years ago?" That loss of time and connection can be painful for our youth. 3-5-7 asks 3, then 5, then 7 important questions to help our youth get to the heart of the matter and work through their grief and loss to prepare to accept permanent connections in their lives. We have already achieved 61% in reunification and adoption rates for youth who leave our care. With the increased knowledge and use of these models, we hope to see our rates increase even further. Of course, we are always seeking additional funding to fully implement these models, but we hope to change our thinking—and our outcomes—with increased education in these areas.

*Amelia Franck Meyer, CEO, Anu Family Services*

## Children Discharged to Permanence



FY 05 FY 06 FY 07 FY 08 FY 09 FY 10

\* Permanency is Family Reunification or Adoption

## Check it out

Anu has an article in the most recent edition of the University of Minnesota's Center for Advanced Studies in Child Welfare *CW360* which is a publication dedicated to placement stability and has thousands of copies distributed all over the country. We were selected to be profiled because of our outstanding agency outcomes! See it at: [http://www.cehd.umn.edu/ssw/cascw/attributes/PDF/publications/CW360\\_2010.pdf](http://www.cehd.umn.edu/ssw/cascw/attributes/PDF/publications/CW360_2010.pdf)



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## Board Highlights

The Board has been busy with the following activities:

- Approving policies for COA reaccreditation
- Developing the FY10-FY11 strategic plan
- Developing ways to continue Anu's growth and long-term sustainability
- Working on Board development and increasing Board size and expertise



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# FOCUS ON FAMILIES

## Frank and Karen Barnfield & Family *by Erin Wall*

Frank and Karen were licensed in February 2008 with Anu Family Services. Karen has two birth daughters from her previous marriage. Although her daughters are both adults, her youngest has severe cognitive delays and resides with Frank and Karen. In February 2008, the Barnfields received a referral for a 2-year-old boy.

The county workers met Frank and Karen and were thrilled with them and began moving forward to place this little boy with them. Then a family member came forward as a placement option, so he was then placed with that family member. However, a month later, the same county referred a sibling group of three, and when Frank and

Karen's names were provided as a placement option, the county workers on this case had heard such phenomenal comments about them from their coworkers that they didn't even need to meet them, but knew they would be a positive match for this sibling group of three; a three-year-old girl and her two-year-old twin siblings; a boy and a girl.

Through diligent efforts of putting supports into place for these children and working cooperatively with birth parents through many challenges, the Barnfields provided a nurturing, loving, and structured environment for the children, and they began to flourish in leaps and bounds!

The Barnfields were diligent in assuring visitations with birth parents. The birth parents saw how well the children were doing in their home and realized that they would not be able to provide the children with the structure and guidance that Frank and Karen were providing. With the confidence in knowing that Frank and

Karen would continue to allow them to have contact with the children, they voluntarily terminated their parental rights.

The children were adopted in December of 2009, and to see how far these children had come, was a phenomenal sight! When first placed, the little boy could not be left alone for a moment. The Barnfields had to put a blockade up in their kitchen, because at any given opportunity the boy would begin rifling through the garbage.

On the day of the adoption, the three children were dressed in their beautiful new clothes! The girls had matching dresses and the boy had an adorable sweater and dress pants on, and sat politely at the restaurant saying please and thank you to the waitress, and contentedly coloring while they waited for their food. Instead of devouring their food as had once been the case, they politely ate using the proper utensils and acting as if they didn't have a care in the world. It was truly one of the most beautiful sights to see!

# TCIF – Tips & Reminders

By Mechele Judd, Western Regional Director

The TCIF tip for this month is focused on limit setting. Setting limits is an important part of structuring the environment in a way that promotes a child's feelings of security. Setting clear and consistent limits define the boundaries for acceptable behavior. Clear limits tell children exactly what is expected of them and include clear instructions. When setting limits, we must make sure that the limits are reasonable and necessary. There are several guides that can be used to set effective limits. They are as follows:

### Restrict limits to important matters.

Too many limits can be confusing and overwhelming.

### Set reasonable, enforceable and fair limits.

Limits should be able to be easily met by the child. We should also set limits that we are able to enforce.

### Be consistent with the limits set.

Consistency promotes feelings of security for children.

**Change limits to adapt to changes in the child's age and ability.** As children learn and grow, limits will need to change to meet their needs and developmental abilities.

**Involve children in setting some of their own limits.** Involving children in limit setting provides an opportunity for children to learn how to set limits for themselves and increases the likelihood that they will comply with the limit.

**Help children understand the reasons for limits.** Explain the reason for the limit. Children who understand the reasons for limits are more likely to take responsibility for their own actions.

Raising children to be responsible adults is our ultimate goal. This means that children must learn to make choices about their behavior and take responsibility for their actions. Having clear limits set for them and understanding those limits are the first steps towards teaching children what behaviors are expected of them.

## UPCOMING BOARD MEETINGS

May 20	11:30-1	Teleconference
July 15	9:00-1	Eau Claire
Sept 16	11:30-1	Teleconference

## Upcoming Treatment Foster Parent Trainings

### -Required Training -

April 17 - Madison: Family Connections Foster Parent training - module 2

May 21 - Eau Claire : Family Connections Foster Parent training - module 2

### -Non-Required Training - April 23, 2010 at the Madison Anu Office

- From 9:30-11:30  
*School Systems & Your Foster Child*
- From 12:00-4:00  
*Neglect & Abuse and Its Impact on Development*

### April 15, 2010 at the Eau Claire Anu Office

- From 9:00-12:00  
*Healthy Families*
- From 1:00-4:00  
*Cultural Diversity*

## Treatment Foster Parent Anniversaries

Dennis & Laura Arneson – 5 yrs  
 Barry & Sharon Chase – 1 yr  
 Tracy Gabryel – 5 yrs  
 Kris & Nancy Hagen – 4 yrs  
 Ross & Donna Johnson – 2 yrs  
 Phillip & Mary Jo Klamm, Sr. – 7 yrs  
 Mary Schneider & Brent Koehn – 7 yrs  
 David & Frances Kuester – 9 yrs  
 Joe & Alicia Ligman – 2 yrs  
 Stacey & Dana Marion – 2 yrs  
 Ole & Corinne Mathison – 5 yrs  
 Dan & Susie Niles – 5 yrs  
 Richard & Nancy Selje – 5 yrs  
 Michael & Vickie Toth – 1 yr  
 Loralee Vielhuber – 4 yrs  
 Huntington & Rachel Wilcox – 3 yrs

# Connections to Permanence

## GOOD NEWS

- A foster youth who is moving on to independent living received a Stepping Stones Grant to assist in purchasing items for an apartment, where she will be living with a roommate while attending further schooling.
- Amelia was awarded the University of Minnesota School of Social Work Alumni of the Year and the Emerging Leader Award from the University of Minnesota College of Human Ecology & Development.

**CONGRATULATIONS TO Treatment Foster Parent Vicki Harter, now a Credentialed Social Worker and a Substance Abuse Counselor.**

## Family Connections: Finding the Peace

By Susan Schwab, Interim Eastern Regional Director

Training in Family Search and Engagement and 3-5-7, the model to prepare youth in care for permanency, are in full force for Anu foster families and social work staff. We have learned how important those missing pieces of being connected to family can have on individuals' "peace".

How can we help youth to find those missing pieces?

- Create a culture in the home that allows youth to feel safe and open to talk about and explore family relationships, their culture, religion, and heritage. "Wow, I can see that you "light up" when you talk about your uncle's Native American teachings."

- Recognize and acknowledge the value of a youth's family by engaging them in conversations, listen and validate their family. "I can really see that spending time with your grandfather is very important to you."
- Acknowledge how a youth in care may feel about the loss of family and may grieve this loss. Remember how their behavior may be related to the stages of grief and loss. "You really seem to feel a loss and miss being with your sister."

We have also learned more deeply that often youth are in a state of grief due to the loss of important relationships. By keeping this in mind, we can better understand and serve youth at Anu.

Can you believe how on top of things our kids can be? Just walking down the street one recent spring day an environmentally conscious child I know told me,

**"I don't like the improvements we've made to the earth."**

## WE WANT TO KNOW!

- Kids say the darndest things. Do you have an interest in sharing the cute things our kids say? Send us your famous quotes from your biological, adopted and foster children and we will try and work them into our agency newsletter. Thanks to Dick Selje for these ideas.
- Do you have questions? Want a place to ask them? Submit your questions and we'll have our ghost writer answer them in our newsletter.

Submit your kids' quotes or questions for the CEO to:  
 "Ask Amelia" 516 Second St. Suite 209 Hudson, WI 54016  
 Or by email to [redwards@anufs.org](mailto:redwards@anufs.org)