



CENTERSTONE

Foster Care Handbook



**An Orientation Resource For Youth In
Centerstone's Foster Care Program**

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CENTERSTONE

Welcome to Centerstone!

We know that this may be a difficult time in your life and in the life of your family. We want you to know that you are in good hands.

Centerstone is the nation's largest not-for-profit provider of community-based behavioral healthcare, offering a full range of mental health services, substance abuse treatment and educational services in Indiana and Tennessee.

Our Residential and Foster Care Programs are here to provide support for you and your family. The length of time you will be with us is really up to you. Your Centerstone Team is made up of many people who will help you on your journey toward self-improvement and to move forward. Your case manager will coordinate your care and help you get the services you need. You and your family are vital team members. Other team members that will help you along your way include therapists, our residential staff, program managers, coordinators, even our director at times. We offer a specialized treatment program that will focus on you and your family's strengths and needs.

Please take a few moments to read through this booklet to learn more about what we can do.... *together.*

What is a “Continuum Program?”

You may hear the word “continuum” used when you come into our program. Just what does that mean?

Centerstone provides different types of treatment programs and services for children and adolescents. A complete range of programs and services is called the “continuum of care”. Centerstone provides many of the services on the continuum.



In cases where services are needed that Centerstone does not provide, we contract with other agencies to provide that service. A Continuum is “COMPLETE CARE” – Once you are in our program, we will address more than just your counseling needs.

A person in the continuum program will experience many different forms of treatment during their time with us. You will more than likely not need ALL of the services described in this booklet as different people need different types of help. The next 2 pages list the different types of services that are available.

Office or Outpatient Clinic

Centerstone has facilities all over Middle Tennessee to serve your needs. Office visits usually last from 30-60 minutes. The number of visits per month depends on the person's needs. This could be a visit to a psychiatrist for medication or to a counselor for Alcohol and Drug treatment or sexual abuse counseling.

Case Management

Each person in the continuum has a case manager. These are specially trained individuals who coordinate or provide psychiatric, financial, legal, and medical services to help you live successfully at home and in the community.

Home-Based Treatment Services

This is simply a term used when you are back at home with your family. Your therapist and or case manager will work with you and your family in your own home. They will further develop your treatment program to help you and your family be successful.

Family Support Services

These are services to help your family care for you - such as parent training, parent support groups, etc.

Hospital treatment

Patients receive comprehensive psychiatric treatment in a hospital. Treatment programs should be specifically designed for either children or adolescents. Length of treatment depends on different factors.

**Emergency
Crisis Services**

This service is used, for example, if a person is feeling suicidal or has acted out in a way that is dangerous to themselves or the community. It is 24-hour services for emergencies (for example, hospital emergency room, mobile crisis team).

Respite Care

A patient stays briefly away from home with specially trained individuals. This is used in many different situations.

**Therapeutic
Group Home or
Community
Residence**

This therapeutic program usually includes 6 to 10 children or adolescents per home, and may be linked with a day treatment program or specialized educational program.

**Therapeutic
Foster
Care**

The foster care portion of our program is designed for youth who are in need of a transition from a residential facility before they go home or for youth who are not needing the level of service that residential care provides but not ready to be at home with their families. Foster care is also useful for those who are waiting to go to adoptive homes or to go and live with relatives. Families are highly trained caregivers who help children adjust to a healthy home setting and prepare the child and family for reunification. The length of stay in a foster home varies depending on the needs of the client. Youth in foster care receive treatment from case management and therapeutic staff while working on the goals they and their families much reach before reunification can occur.

**Residential
Treatment
Facility**

Often, a judge will require that you spend time in a residential facility because of charges against you or because of a specific issue that you need to work through. Residential care is considered intensive treatment. You will receive around the clock care and comprehensive psychiatric treatment in a campus-like setting on a longer-term basis.

Guiding Principles Of Treatment

What is “Re-Ed”?

Centerstone uses the guiding principles of Re-Education as well as the Circle Of Courage to help youth to achieve their goals. When we help you set your goals, we look to these things to guide us as a way to structure your treatment plan in a way that will help you to be successful.

Re-Ed consists of twelve principles that follow:

Life is to be lived now, not in the past, and lived in the future only as a present challenge.

Trust between child and adult is essential, the foundation on which all other principles rest, the glue that holds teaching and learning together, the beginning point for re-education.

Competence makes a difference; children and adolescents should be helped to be good at something, especially schoolwork.

Time is an ally, working on the side of growth in a period of development when life has a tremendous forward thrust.

Self-control can be taught and children and adolescents can be helped to manage their behavior without the development of psychodynamic insight, and symptoms can and should be controlled by direct address, not necessarily by an uncovering therapy.

The cognitive competence of children and adolescents can be considerably enhanced, they can be taught generic skills in the management of their lives as well as strategies for coping with the complex array of demands placed on them by family, school, community, or job, in other words, intelligence can be taught.

Feelings should be nurtured, shared spontaneously, controlled when necessary, expressed when too long repressed, and explored with trusted others.

The group is very important to young people, it can be a major source of instruction in growing up. Ceremony and ritual give order, stability, and confidence to troubled children and adolescents, whose lives are often in considerable disarray.

The body is the armature of the self, the physical self around which the psychological self is constructed.

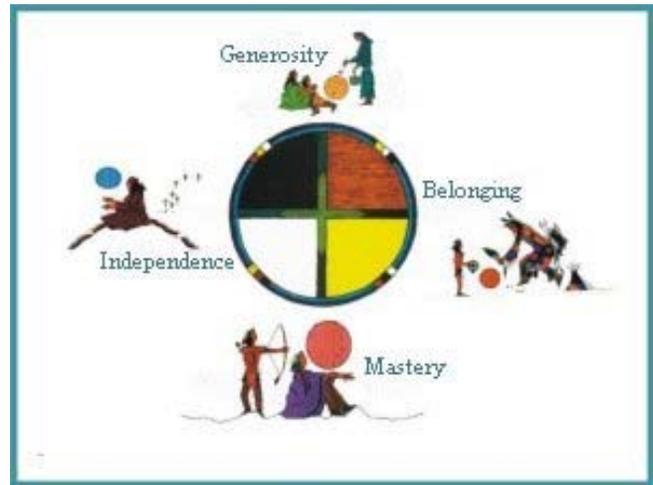
Communities are important for children and youth, but the uses and benefits of community must be experienced to be learned.

In growing up, a child should know some joy in each day and look forward to some joyous event for tomorrow.

Dr. Nicholas Hobbs

What is the Circle Of Courage?

The Circle of Courage® is a model of youth empowerment supported by contemporary research, the heritage of early youth work pioneers and Native philosophies of child care. The model is encompassed in four core values: belonging, mastery, independence, and generosity.



Belonging is an integral part of the Therapeutic Foster Care and Group Care environment. Children need to attach to caring adults in order to begin the process of learning and incorporate basic social values.

Mastery, the second value in the Circle of Courage Model, promotes the belief that children need to develop social, intellectual, and academic competence if they are to become capable and responsible citizens.

Independence is the third value promoted within the Circle of Courage Model. To develop positive autonomy and interdependence, children must be secure in the guidance of caring adults and believe they have some power over their world

Generosity is incorporated into Therapeutic Foster Care's program by encouraging children display empathy and concern for others. A positive environment must be characterized by a climate of caring so that all involved support one another and cooperate in making their social experiences meaningful.



Why Am I Here?

You may be here because your parents have consulted with their insurance plan and have sought treatment for you. In that case, you remain in the custody of your family. Most clients, however, are in the custody of the state of Tennessee. "State Custody" is when you are removed from your family's home because it is not safe for you to live there anymore. A Judge can place you in the custody of the Department of Children's Services. The reason you are placed into care is to keep you safe while you and your family have an opportunity to make positive changes. When you come into care you will be placed in a foster home, relative's home, group home, residential placement or shelter. Being removed from your home and placed somewhere new can bring up a lot of feelings. You may feel angry, confused, sad, afraid, relieved and/or glad. It is important to talk to a person you trust about your feelings. All your feelings are O.K.! You may have many questions about the rules and routines of your new placement. Ask your care provider to go over them with you. Knowing about your placement may help you be more comfortable.

Youth come into custody for many different reasons.

- Parents or guardians are not able to keep children safe.
- Children have experienced physical, sexual, and /or emotional abuse in their home.
- The parent or guardian has died.
- There has been a family crisis like big conflicts between family members.
- Parent or guardian is unable to control youth's behavior.
- Parents have voluntarily placed child into custody.
- Youth places himself/herself into custody.
- Youth have been placed into custody by a judge because of poor choices that the youth have made and / or charges that the youth has against them.

What are the rules?

Actually... we're not too fond of the word "rules" so we'll just give you a list of what to expect:

Expectations About You

If you want respect, give respect. Call kids and adults by their first or last names. Racial slurs, name calling, and put downs hurt. Think before you open your mouth!

All obstacles and problems can be overcome. However, going it alone is often hard.

Staff, foster parents and parents are good listeners. They can't hear you if you don't talk to them.

You have the power to change. Not the staff. Make your life better. Start here. (You can lead a horse to water, but you cannot make them drink!)
Everyone needs someone at sometime in his or her life. Ask for help if you need it!

Your body is your own. No body has a right to it except you. Don't give it to anyone either. It is OK to say no!

While gangs are groups to make you feel connected, their influence can be harmful. The unit, the foster home or your home is a gang free zone. We are not crazy about certain types of gangs.

We are not interested in the seeing anyone's underwear. Waists were made to hold up your pants. Showing your boxers is not sight for anyone to see.

Take pride in who you are, what you look like. Always look your best. Protecting your body sometimes requires you to wear appropriate clothes. Look your best.

Expectations About School

If you are late for school, you must write an excuse as to why you are late. A note from the day staff, foster parent or parent/relative is also needed. ("The alarm clock did not work" is not an excuse. Staying out late is not an excuse either.)

Knowledge is power. Muscle is not. Stay in school.

Expectations About Your Behavior

You are responsible for what comes out of your mouth. Verbally express yourself safely. (Swear words and what you can do to your mom are not appropriate expressions.)

You are responsible for your own actions. Use your arms, legs and head to express yourself safely as well. Hurting others as a very negative affect on your course of treatment.

All physical property is important and costs money to repair. Don't contribute to the repair cost. (Your allowance is one way to pay for these repairs working on it is another).

In some cases, you cannot blame other for what you have done. Be open, be honest, and be sincere. Lying, cheating, stealing may cause you to lose the respect of others.

Clean up after yourself. In a foster home, you will n=be made aware of the cleaning routine and expectations. IN a residential home, there are vacuums and brooms that are available to use. Use them!

Expectations About Expectations

Life is like a roller coaster. It will have its ups or highs as well as the downs or low parts. Be prepared and learn to handle both.
We can help.

If you want money, *earn* it. (There are laws around stealing.)
If you want something, ask. We will try to work together to get it.

Expectations About Us

Centerstone has no wish to keep you in the program any longer than you need to be. You have the power to move forward.

There are no bad kids, only kids who make bad decisions. Learn from your mistakes and apply what you have learned to the next situation.

Who will help me?

At times, you may feel that you are all alone. Being in custody can be a scary and sometimes uncertain thing. But one positive thing about it is that you have several people working with you to make things better. You have A DCS worker who monitors your care. You have Centerstone workers (case managers, therapists) who will work with you and your family to make sure that you have what you need in order to achieve your goals. They will help keep you on the right track and help you follow your plan to meet the goals set out in order for you to return home and be safe. You will have other Centerstone staff or Foster Parents who will take care of your daily needs. You will have food, clothing and shelter and people in your life who want to listen to you and help you figure out how to make things better. We will work with your parents also and help you all to work things out. Most importantly, the person who can help you is YOU. By being serious about your plan and working with all the people available to you to achieve your goals YOU will be able to complete the program and make things better FOR YOURSELF.

What's the difference between my DCS worker and my Centerstone Worker?

There are differences in what your Centerstone Worker will help you with and what your DCS worker will help you with. You are in the custody of the state of Tennessee. That means you are in DCS custody – DCS stands for the “Department of Children’s Services.” They are responsible for you and at this time in your life, they are your legal guardian. They work with Centerstone to make sure all your needs are met. Because there are so many children in custody, DCS asks agencies like Centerstone to help them make sure you get the things that you need so they write a contract with us asking that we provide things for you.

DCS has the final say in things like when you can go back home to your family, when you can get passes, who you will live with and other important things. They are in contact with your Centerstone worker on a regular basis to check on your progress and that helps them make their decisions about your care.

Your Centerstone worker(s) are people you will most likely see more often than your DCS worker. They will visit you in your foster home or other placement and help you work on your goals. They also work with DCS to make sure you get medical and dental care and other things that you need. Along with your case manager through Centerstone, you might also have a therapist. This person will work closely with you to discuss the things that are making you angry or sad and will possibly work with you and your family members to help you all work out the problems that may have caused your placement into custody.

CONFIDENTIALITY

Confidentiality means that information about you and your situation is private.

Information in your case record at the Department of Children’s Services cannot be shared with others unless it is to meet your needs.

Some confidential information, like medical, educational, and/or reasons for your removal from your biological home, will be shared with Centerstone and other professionals you are meeting with. You can ask your caseworker what information is shared. All professionals, including Centerstone, must keep the information that is given to them confidential. Friends or other people may ask why you are no longer living with your family. Remember, it is your right to tell **or** not tell them about your situation. These questions may be difficult to answer. It may help to talk with your caseworker, care provider or other adult you trust, so you can answer them in a way that lets you feel comfortable.

Know Your Rights

As a youth in custody, you have the right:

- To **be told why you came into foster care** and why you are still in foster care.
- To live in a **safe place** where treated with respect, with your own place to store your things and where you receive healthy food, adequate clothing, and appropriate personal hygiene products.
- To **have personal belongings** secure and transported with you.
- To **have caring foster parents or caretakers** who are properly trained, have received background checks and screenings, and who receive adequate support from the Agency to help ensure stability in the placement.
- To be **placed with your brothers and sisters when possible**, and to maintain regular and unrestricted contact with siblings when separated (including help with transportation), unless ordered by the court.
- To **attend school** and **participate in extracurricular**, cultural, and personal enrichment activities.
- To have your **privacy protected**. You can expect confidentiality from the adults involved in your case.
- To be **protected from physical, sexual, emotional or other abuse**, including corporal punishment (hitting or spanking as a punishment) and being locked in a room (unless you are in a treatment facility).
- To **receive medical, dental, vision and mental health services**.
- To **refuse to take medications**, vitamins or herbs, unless prescribed by a doctor.
- To have **regular visits** ongoing with biological parents and other relatives unless prohibited by court or unless you don't want to.
- To make and receive **telephone calls** and send and receive mail, unless prohibited by court order.
- To have regular contact from and unrestricted **access to social workers, attorneys, and advocates** and to be allowed to have confidential conversations with such individuals.
- To be told by your social worker and your attorney about any **changes in your case plan or placement** and receive honest information about the decisions the Agency is making that affect your life.
- To attend **religious services and activities** of your choice and to preserve your cultural heritage. If possible your placement should be with a family member or someone from your community with similar religion, culture and/or heritage.
- To be **represented by an attorney** at law in administrative or judicial proceedings with access to fair hearing and court review of decisions, so that your best interest are safeguarded.
- To be involved, where appropriate, in the **development of your case plan** and to object to any of the provisions of the case plan during case reviews, court hearings and case planning conferences.
- To **attend court** and speak to a judge about what you want to have happen in your case.
- To have a **plan for your future**, including an emancipation plan if appropriate (for leaving foster care when you become an adult), and to be provided services to help you prepare to become a successful adult.

FOSTER CARE

How long will I be in foster care?

The length of time depends on how quickly you, and your parent(s) and family work with your caseworker to follow your foster care plan. Depending on your situation, some changes may be required of you and or your parents such as:

- Getting suitable housing
- Taking anger management classes
- Taking parenting classes
- Getting a job
- Going to drug or alcohol rehab

If it won't be possible to return to your parent, then plans will be made to find you a safe loving permanent home. Your Plan Of Care will have very concrete goals that you need to strive for in order to return home. When you and the people involved in your case determine that you have made sufficient progress toward those goals, steps will be taken to begin the process of reunification – or “returning home.”



Who are these people I am living with?

Foster Families are very special. They go through a very lengthy process to become Foster Parents and they open up their homes for children and youth who need homes to live in while things get worked out in their own biological homes. To become a Foster Parent, they have to have background checks, be fingerprinted, and go to lots and

lots of classes and training. In other words, they have to work hard to do what they do and we check them out to make sure their homes are safe places for you to be in.

Foster Parents provide you with food, clothing, a place to stay, money for allowance, transportation to work and school and activities. They know that their job is to help you achieve your goals. Often they will work with your biological parents, too, to help make your transition home as smooth as possible. Please talk with your caseworker if you are not comfortable with visitation at any time. You have the right to choose whether or not to participate in a visit.

Can I See My Family?

The short answer to this question is, “If at all possible, YES!” The whole goal of our program is to reunite youth with their families. We will do all we can to make sure you have visits and regular contact with your parents



and siblings and other important people in your life. The long, complicated answer to this is, sometimes there are reasons that a judge or DCS or members of your treatment team will decide that it’s not a good idea for you to have contact with your family – in the case of severe abuse or if your family’s lifestyle puts you in danger. We work hard to try and help you (and your family) make your home environment safe and if at all possible, visits with your family WILL happen.

When the goal of foster care is to return you to, or maintain a healthy relationship with, your biological parents, the we are committed to arranging a visitation plan that is based on the safety of you and your parents. Visits may be extended as the parent-child relationship improves. Any help needed should be provided to you and your parents in order to make visits successful. Visitation can also be scheduled with relatives, siblings and/or other individuals with whom you have a positive and meaningful relationship. It is the caseworker’s role to schedule all visitations. The separation and loss you may feel from being removed from your family can be hard. You should work with your caseworker on setting up a visitation plan. The amount of visitation is different for every case and is based on reasons such as why you came into care, the physical distance between you and the individual(s) you are visiting and everyone’s schedules. Visits should be in a relaxed and natural setting, such as the parent’s home, community parks or visitation center. If a conflict arises and you or your visitor cannot attend, a call should be placed to the caseworker to cancel the visit.

Managing Your Behavior

One of the main goals of The Centerstone Continuum is to help give you the tools that you need to learn to control your behavior.



Learning to manage anger and being able to understand how your thoughts influence your actions is one of the biggest steps that you can take in order to move forward on a positive path.

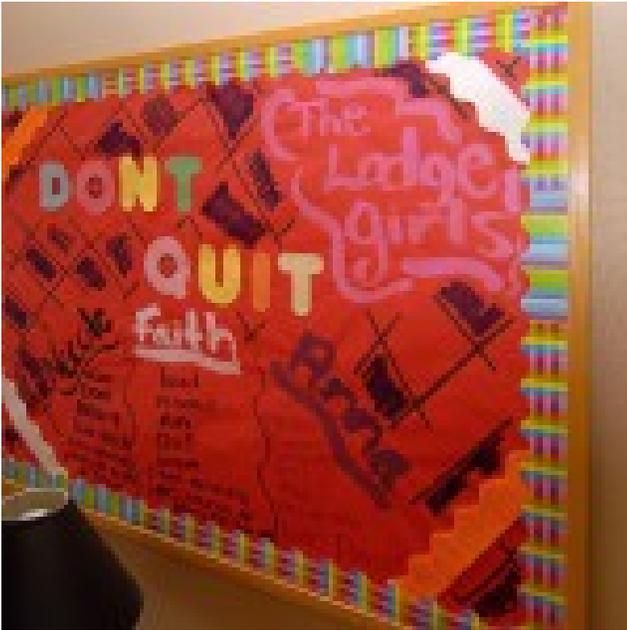
Our hope is that it will also be one of YOUR main goals to learn to control and manage your own behavior .

Sometimes, however, it will be necessary for you to have your team help you along in using behavior management strategies.

The use of behavior management interventions (e.g. time out, behavioral contracts, point systems, logical and natural consequences, incentive programs, level systems, positive behavioral reports, etc.) with clients be guided by policies and procedures developed by DCS Facilities and contract provider agencies.

Our intent is to maintain a safe, nurturing, and therapeutic environment that protects the rights of all children; that respects the ethnic, religious, and identified treatment parameters for each individual child in care; and are in compliance with DCS licensing rules and applicable State and Federal statutes, as well as with generally accepted best practice standards promulgated by national accreditation organizations.

RESIDENTIAL CARE



One of the types of services that Centerstone offers in the continuum model of care is residential treatment. This service is what is called “ a highly structured treatment service”. The reason why it is highly structured is that there are staff who have to be with you 24 hours a day for as long as you are there. Centerstone

has one residential facility located in Clarksville which is a group home for adolescent females. Residential treatment is for teenagers who have a lot of problems at the same time. Issues include running away, problems controlling their anger and frustration, trouble getting along with others as well as other types of “mental health issues” including depression, alcohol and drug usage and others. Activities in the group home include school, therapy, community outings, groups to work on communication, getting along and daily living skills. How long you stay in residential treatment is entirely up to you. Some youth have stayed a month or two and some have stayed 6-9 months because they don't want to work on their problems. It is up to you how long you want to stay. Centerstone also uses other residential treatment programs especially for boys as well as uses them if you need a higher level of care.

Glossary Of Terms:

Adjudication: A hearing to figure out if there has been a crime.

Ageing Out: When a youth leaves foster care because they have reached age 18 or have finished high school (whichever comes last) without returning home or being adopted.

Appeals: Someone asks for a hearing to change the court's decision. Any court decision is subject to an appeal. Appeals can take several months to resolve.

Arraignment: The court gives an individual a chance to admit or deny the crime or to let the judge decide.

Biological Parents: The person(s) who gave birth, or fathered the child.

CASA: see Court Appointed Special Advocate

Caseworker: Works with youth and their families to provide services and support, with the goal of permanent placement for the youth. Usually in reference to DCS but youth will also have an Agency (Centerstone) worker.

Child and Family Team Meeting: Any meeting to discuss your progress, treatment or any decision about your care. Everyone involved in your case (you, your parents, your Centerstone worker, your DCS worker, teachers, etc, are all invited to attend these meetings.

Permanency Plan: A plan that the Department of Human Services, along with the youth and family, makes and updates every six months. It includes the services provided to the youth and family, and makes clear the expectations and progress made toward reaching the goal of permanent placement of the youth.

Child Protective Services (CPS): Works with children and youth and families (sometimes the children and youth are still in their homes) to assess, investigate and provide ongoing social services to families where abuse and neglect of youth has been reported.

Court Appointed Special Advocate: (also known as **CASA**) An adult volunteer, assigned by the court to study and protect the best interests of a youth in a civil or criminal abuse or neglect case. The CASA and the youth should talk on an ongoing basis. The CASA is your voice in the courtroom.

DCS: Abbreviation for Department of Children's Services, often the over-seeing agency for foster care in a state.

Disposition: This is the decision about where the youth should live (such as in state custody), as well as what the parents, DCS and the youth must do to change the problems. Please understand that sometimes court hearings are continued and changed to another date for various reasons. For instance, someone may not show up, or everyone at court may feel it's a good idea.

Emancipation: A youth who is legally declared an adult (by a court) prior to age 18. A youth in foster care who emancipates is no longer a ward of the court (or in foster care).

Foster Care: Care provided to youth when they are removed from their biological family's custody and are placed in state custody. Foster care includes placement with relatives, foster families, group homes, shelters and other placements for children under the age of 21.

Foster Care Review Board (FCRB): A court review that looks at the progress of the parents and the youth in order to decide the safest place for the youth to live. There must be a Judicial Review within 18 months (soon to be 12 months) of the child entering custody and at least every 12 months after that.

Foster Home: A home where a youth may live while in the custody of the State's Child Welfare system.

Group Home: A home that cares for many foster youth, often using social workers for supervision instead of foster parents.

Guardian ad Litem (GAL): An adult volunteer, assigned by the court to study and protect the best interests of a youth in a civil or criminal abuse or neglect case. The GAL and the youth should talk on an ongoing basis. The GAL is your voice in the courtroom.

Guardianship: When an adult is granted parental rights for a youth.

Individual Education Plan (IEP): A plan intended to improve success for an individual student, which may include additional assistance, learning aids, tutoring, revised or classroom settings. Produced by a team of people, including teachers, school administrators, counselors, parents or foster parents, and sometimes the youth themselves.

Judge: The judge decides what is best for the youth. The judge issues court orders, reads reports, hears arguments and decides whether the youth should be placed in the custody of the state.

Juvenile Court: A district court or another court that only addresses matters affecting children younger than 18.

Kinship or Kinship Care: Those providing 24 hour care for children they are related to by blood. This may also be called relative care.

Life Book: Pages or a packet of information prepared with or for a child regarding his/her social back-ground. It includes pictures and stories about people, events and places which are important to the child's history and life.

Notice of Hearings: Everyone involved in the case must be served with a notice telling them when and where there's going to be a hearing. "Parties" includes people like parents, attorneys, GALs and your caseworker.

Permanency Planning: The case-worker coordinates services for the youth and family to fix the problems that led to the youth's placement in state custody. The goal is to assure a long-term placement for the youth. This may be going home, staying in long-term foster care until age 18 or 21, or being placed for adoption.

Respite Care: Temporary care for a youth in foster care, intended to give either the youth or foster parent (or provider) a break.

Reunification: Services that can bring a family back together by working on the problems that caused the separation of the youth from the family.

Service Plan: A written document describing long range goals and short range objectives for the provision of service for a foster youth

Sibling: Brother or sister

Surrogate Parent: A person (usually a foster parent or care provider) who is appointed by the Department of Education to make sure that a youth's special education needs are being met.

Termination of Parental Rights (TPR): If family reunification has been ruled out and adoption is a possibility for the child, the Department may petition (request) for termination of parents' rights to the child. If the court terminates parental rights it means the child is free for adoption. It also means that your biological parents have no legal rights pertaining to you anymore. (They don't have access to information about you, don't work with your caseworker anymore, etc.)

Therapist/Counselor: A licensed person who provides youth supportive services such as counseling, goal planning and advocacy for youth and families. This person can have any of these official titles: Social Worker, Psychologist or Psychiatrist. This will most often be someone from Centerstone.



CENTERSTONE

Continuum Services Client Handbook Orientation

SIGNATURE PAGE

I, _____,

have read this handbook and have had any questions answered by a member my Centerstone Team.

I have filled out my information sheet and know who I can contact if other questions arise.

Today's Date: _____

Witness: _____

MY INFORMATION SHEET

My Name: _____

Address Where I'm Living Now:

Phone Number: _____

Centerstone Worker's Name: _____

Phone Number : _____

E-mail: _____

Other Centerstone Team Member: _____

Phone Number : _____

DCS Worker's Name: _____

Phone Number : _____

Somebody I Trust: _____

Phone Number: _____

CENTERSTONE FCS WEB SITE: <http://www.centerstonefcs.org>