



Preventing the Need for Foster Care: Parenting Support-Based Solutions


Adam Starks, Ph.D.
Author of *Broken Child Mended Man* &
Love Will Find Your Home
www.adamstarks.com

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Agenda

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STATE OF FOSTER CARE
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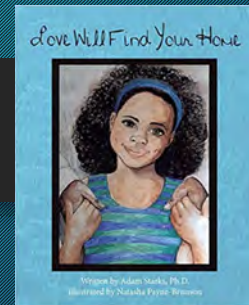
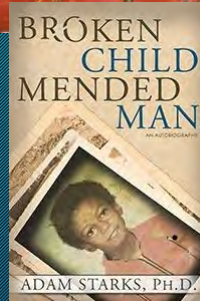
SPECIAL NEEDS:
INFANCY TO AGING OUT
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PARENTAL SUPPORT

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My Story

- *"It is easier to build a strong character than to repair broken one."*
Frederick Douglass
- The 3%
 - Autobiography: Broken Child Mended Man
 - Children's Book: Love Will Find Your Home



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THE RESILIENT CHILD

Trauma Perceived = Victim

Trauma Reimagined = Adapter, Survivor, Victor

Tapping into child's post-traumatic growth

Post-Traumatic Growth: A positive change experienced as a result of the struggle with a major life crisis or a traumatic event.



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State of Foster Care



Texas has one of the lowest removal rates in the nation

Texas keeps the majority of children with kin when a removal is necessary

CPS is organized into 11 geographic regions

4 of those regions are actively involved in foster care privatization, called Community Based Care



Source: Department of Family Protective Services
<https://www.dfps.state.tx.us/about/dfps/data-book/>

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Special Needs: Infancy (Birth to 3)

- **Single parent**
 - Parenting classes
 - Daycare options
- **Substance abuse**
 - Enrolling in treatment programs
 - Counseling
 - Continuous support
- **Other assistance**
 - Food pantry
 - Clothing & diapers
 - Medicine
 - Telemedicine Programs

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Special Needs: Toddlers (3-5)

Nourishment

- Basic programs
- 3 meals per day*

Encouragement

- Reading
- Counting
- Basic coping mechanisms

Play Activities

- Learning letters & numbers
- Social behaviors
- Workforce-reentry for parent(s)

Outlets

- Sports
- Playground
- Exploration



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Special Needs: Children (5-9)

Nourishment

- Food variety

Encouragement

- Reading, Writing, & Math
- Discovery
- Connection

Tutoring

- Reading
- Math
- Assistance through apps/programs



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Special Needs: Children (10-12)

• Nourishment

- Changes in body
- Sleep
- Balance tech vs activities
- Emotional control

• Responsibility

- Responsibility
- Independence
- Consequences
- Physical activity
- Bullying



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Special Needs: Teens (13-16)

- Choices
- Importance of nutrition
- Access

- Discovery
- Work ethic
- The future



"Every child deserves a champion - an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be."
- Rita Pierson, Educator and Inspirational Speaker

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Special Needs: Teens Aging Out (16-18)

• Current Needs

- Depends on the child

• The Future

- Assistance (admin, options, etc.)
- Decision Making

• Government Programs/Services

- Living Arrangements
- Trade School/College
- Job Training
- Support Groups

- Adulting
- Financial Literacy
- Transportation

- School
- Job Placement

- Coping Mechanisms
- Therapy
- Mentorship
- Entertainment



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FAILED SOLUTIONS = THROW-AWAY CHILDREN/OUR FUTURE

• Juvenile Imprisonment

• Over-Medication

• School Inability

• Returning to the Streets/ Homelessness

[Community-Based Care](#)

*"A **child** who is not embraced by the **village** will burn it down to **feel its warmth**" - African proverb*



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
The diagram illustrates Maslow's Hierarchy of Needs as a pyramid with five levels, from top to bottom:


- Self-actualization**: desire to become the most that one can be
- Esteem**: respect, self-esteem, status, recognition, strength, freedom
- Love and belonging**: friendship, intimacy, family, sense of connection
- Safety needs**: personal security, employment, resources, health, property
- Physiological needs**: air, water, food, shelter, sleep, clothing, reproduction


Parental Support: Mitigating Despair
Maslow's Hierarchy of Needs

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Questions and Answers (Q&A)

 Thank you for your gracious attention and willingness to address the needs for our most vulnerable youth. Your efforts matter and have a tremendously positive impact on the child and by extension, our society.

 For more info about my efforts, please visit www.adamstarks.com

 Thank you MENMA for this opportunity and the important work you do each day!

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RESOURCES (Books)

Curran, Linda 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

Levine, Peter A. Waking the Tiger: Healing Trauma

Scaer, Robert The Trauma Spectrum: Hidden Wounds and Human Resiliency

van der Kolk, Bessel A. & McFarlane, Alexander C. Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society

Van Dernoot Lipsky, Laura & Burk, Connie Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

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RESOURCES (WEBSITES)

Adverse Childhood Experiences (ACE)

http://www.childtrends.org/wp-content/uploads/2014/07/Brief-adverse-childhood-experiences_FINAL.pdf

Child Abuse and Neglect Prevention

<http://www.cdc.gov/violenceprevention/childmaltreatment/index.html>

What is Post-Traumatic Growth (PTG)

<https://ptgi.uncc.edu/what-is-ptg/>

Aging Out of Foster care

<https://www.nfyi.org/51-useful-aging-out-of-foster-care-statistics-social-race-media/#:~:text=As%20the%20statistics%20show%2C%20many%20foster%20kids%20are,were%20in%20foster%20care%20will%20become%20instantly%20homeless.>

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RESOURCES (ARTICLES)

7 Ways Childhood Adversity Can Change Your Brain

<https://www.psychologytoday.com/blog/the-last-best-cure/201508/7-ways-childhood-adversity-can-change-your-brain>

10 Things About Childhood Trauma Every Teacher Needs to Know

<http://www.weareteachers.com/blogs/post/2016/02/24/10-things-about-childhood-trauma-every-teacher-needs-to-know#.Vs8jIJK8VdA.facebook>

Crisis Within: How Toxic Stress and Trauma Endanger Children

<http://examiner-enterprise.com/news/nation/crisis-within-how-toxic-stress-and-trauma-endanger-children>

Can Childhood Trauma Help You Grow?

<https://www.socialworkhelper.com/2014/10/08/children-experience-early-childhood-trauma-just-get/>

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RESOURCES (articles cont.)

Children Who Experience Early Childhood Trauma Do Not 'Just Get Over It'

<https://www.socialworkhelper.com/2014/10/08/children-experience-early-childhood-trauma-just-get/>

Point of View: When Vulnerability and Trauma Collide

<http://www.mindful.org/point-of-view-when-vulnerability-and-trauma-collide/>

Seeing Behind Bad Behavior

<http://www.mindful.org/seeing-behind-bad-behavior/>

Understanding Neglect

<http://www.gse.harvard.edu/news/uk/16/03/understanding-neglect>

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RESOURCES (video)

How Childhood Trauma Affects Health Across a Lifetime

http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime