



U.P.KIDS™
Caring for children. Building brighter futures.

A smile to live for.



Post Adoption Resource Center

Available Services from the Post Adoption Resource Center

U.P. KIDS' PARC services support adoptive parents and guardians of children. We provide:

- in-home visits when requested and needed
- 24-hour crisis availability
- help setting goals and creating plans to reach those goals
- help for parents to advocate for their children's special needs
- help applying for Medical Subsidy
- help meeting educational needs.
- help accessing mental health services and/or mentoring and/or youth activities.
- reminders and suggestions on self care.
- parenting and adoption education and transition resource information and assistance

There is an online resource directory and a calendar of events and trainings at www.upkids.com. Printouts of the directory with local, U.P.-wide, statewide, and national/international resources are also available.

Monthly support groups may be available locally. For those areas without an active group, there is help to start one. Suggestions for future fun events and trainings are always welcome. Just contact the PARC Specialist closest to you.

Did you know...

Medical Subsidy funds are available for tutoring services. If your child is having a difficult time getting back in the swing of school or remembering last year's information, consider obtaining a prior approval for tutoring. Medical Subsidy may fund up to five hours of tutoring up to \$30 per hour if your child has a related physical, mental, or emotional condition certified by the Adoption and Guardianship Assistance Office.

To discuss your child's approved diagnoses on their Medical Subsidy Agreement and how to obtain a prior authorization for tutoring services, contact your Medical Subsidy Analyst who is assigned according to your last name; (A-F) Laveda Hoskins 517-373-6212; (G-M) Areka Maki 517-373-3235; (N-Z) Stacy Wieske 517-241-8854.

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www.upkids.com

Contact a PARC Specialist

Houghton 906-487-9832

Iron Mt. 906-281-3440

Marquette 906-281-3420

Sault 906-281-3276



News from the North Central U.P.

On Tuesday, June 20, several families and child welfare agencies gathered together in Miner's Park in Negaunee to celebrate foster and adoptive families. The parties collaborated to create and implement the Adoption and Foster Parent Recruitment & Retention Plan. U.P. Kids participates in this group to provide trainings and events each month for families in Marquette, Alger, and Schoolcraft counties. The summer picnic is always an event that everyone looks forward to.



Families enjoyed gourmet sandwiches, salads, and other delicious treats for dinner. The ice cream truck stopped by and guests were treated to a delicious frozen treat for dessert. The children played on the playground and with Giant Connect-4 and tic tac toe games. Blessing Bags were on hand and all of the kids got to pick a duffel bags or suitcase. They also got to fill them with items like blankets, stuffed animals, and pajamas. A professional photographer was on hand to take family photos for free. To top it all off, there were several fun giveaways and some lucky kids got to walk away with a new bike!

Although the weather was chilly, all left with warm hearts after seeing the endless smiles on the children's faces.

News from the South Central U.P.



U.P. KIDS would like to thank all the families that participated and joined us for our beach day event at Lake Antoine on Saturday, July 8, 2017. Thank you to all the families that made this possible. We would like to give a special thank you to Marcia VanWolvelaere for collaborating with U.P. KIDS to make the beach day possible. Thank you Marcia for being there to represent the Adoptive Family Support Network, as an adoptive parent leader. Marcia has been trained through the Adoptive Family Support Network (AFSN) as an Adoptive Parent Leader and has shown much leadership within the Dickinson area community, through collaborating with U.P. KIDS on trainings and fun events.

We would like to continue hosting the annual Beach Day for adoptive, foster, and

guardianship families and keep it going during the month of July. Please let us know if there is another month that would work better for your family. Please share your preferences for next year's beach day event with PARC specialist, Nikisha LaPine at nikisha@upkids.com or 906-281-3440. Thank you.



Let's Take A Coffee Break - Join us For a Re-Charge!

Come meet other local foster, adoptive, guardianship and kinship parents for casual conversation and a cup of coffee/tea/soft drink.

Every third Thursday of the month from 10 a.m. to 11:30 a.m.

Wendy's Restaurant on the I-75 Business Spur in Sault Ste. Marie

RSVP Linda Forgrave, adoptive parent, linda_deesmith@hotmail.com.



Family Bonding Time – Nature's Way!

Did you know that no matter where you are in Michigan, you are no more than six miles from an inland lake, or 85 miles from a Great Lake? Whether it be camping, fishing, hiking, swimming, or just enjoying the great outdoors, there are abundant benefits from getting outside and getting active. Research shows that spending more time engaged with nature as a child leads to more physical activity, is associated with adult pro-environmental attitudes and feelings of being connected with the natural world, and it leads to improvements in mental health and emotional regulation. (Gill, 2014) The benefits of getting outside go beyond just individual health – it is a great way to experience quality bonding time for the whole family.

Autumn in the Upper Peninsula is one of the most breathtaking and fun times to enjoy nature as a family. Between harvesting time, leaf color tours, corn mazes, and Halloween related activities, there is no shortage of fun things to do outside for all ages.

Michigan state parks, campgrounds, and recreation areas are a great place to start your adventures. No matter where you are in Michigan, you are no more than a half hour away from a state park, state forest campground, or state forest trail system.

Find a park near you: <http://www.michigandnr.com/parksandtrails/>

Find outdoor activities anywhere in the U.P.: <http://www.uptravel.com/>

Discover the Forest: <https://www.discovertheforest.org/>

Visit Pictured Rocks National Lakeshore: <https://www.nps.gov/piro/index.htm>

Visit Hiawatha National Forest: <https://www.fs.usda.gov/hiawatha>

Visit Ottawa National Forest: <https://www.fs.usda.gov/ottawa>

Check events: <http://www.uptravel.com/events-6/>

Check your local paper, radio station, or online community calendar for fun, family-friendly events near you. Gather the family, get outside, and make memories that will last a lifetime!.

Resources

Gill, T., (2014). The benefits of children's engagement with nature: A systematic literature review. *Children, Youth and Environments*, 24(2), 10-34.

Introducing Jayde Croschere, PARC Specialist in the Western U.P.

Jayde joined the U.P. KIDS team in May 2017. Jayde is based in Houghton, Michigan and is covering the Western Upper Peninsula including Keweenaw, Houghton, Baraga, Ontonagon, and Gogebic counties. She was born and raised in Negaunee, but she fell in love with Keweenaw while she attended Michigan Technological University. Jayde earned a bachelor of science from MTU in 2015 with a major in psychology. She knew from a young age that she was interested in psychology and wanted to help people have a better life.



Jayde is an outdoor enthusiast. She loves hiking and exploring the beautiful country of the Upper Peninsula. During her time at MTU, she slowly but surely branched out and visited more areas of Keweenaw and Western U.P. Some of her favorite places include Freda, Red Ridge, White City, Estivant Pines in Copper Harbor, Victoria Dam, the Porcupine Mountains, Bare Bluff, and the abundant waterfalls found in the area. She loves the history of the area and being able to learn about what brought people to the U.P.

Jayde has always been a believer in the healing effects of nature. She is very interested in learning more about using nature as a tool to help those who have experienced trauma. She looks forward to being able to help the adoptive families of the Western Upper Peninsula.

Free Training Opportunity

“Parenting Youth Who Have Been Sexually Abused and Have Experienced Other Trauma” will be presented Thursday, September 21, from 5:30 p.m. to 9 p.m. at the Houghton/Keweenaw Michigan Department of Health and Human Services, 47420 State Highway M-26, Suite 62, Houghton, Michigan 49931.



Presenter Cheryl Williams-Hecksel, LMSW, has 20 years of clinical and administrative experience in public and private child welfare and mental health agencies. She has been on the faculty of the MSU School of Social Work since 2006.

To register, visit socialwork.msu.edu/ceu/catalog.php. Under Topics of Interest, click “Child Welfare In-Service Trainings.” If you do not already have an online account with the MSU School of Social Work Continuing Education Program, you will be asked to create one. The Houghton course is #609-17.

If you are unable to register online, call one of the Post Adoption Specialists phone numbers on page 1 of this newsletter for a paper copy of the training brochure and registration form.