

ALL ABOUT ME BOOKS



Central Office Child Permanency Program



THINK ABOUT.....

1. When was the last time you did something playful with a child or youth in ODHS custody?
2. What was the child or youth's response?



WHAT ARE THESE BOOKS?

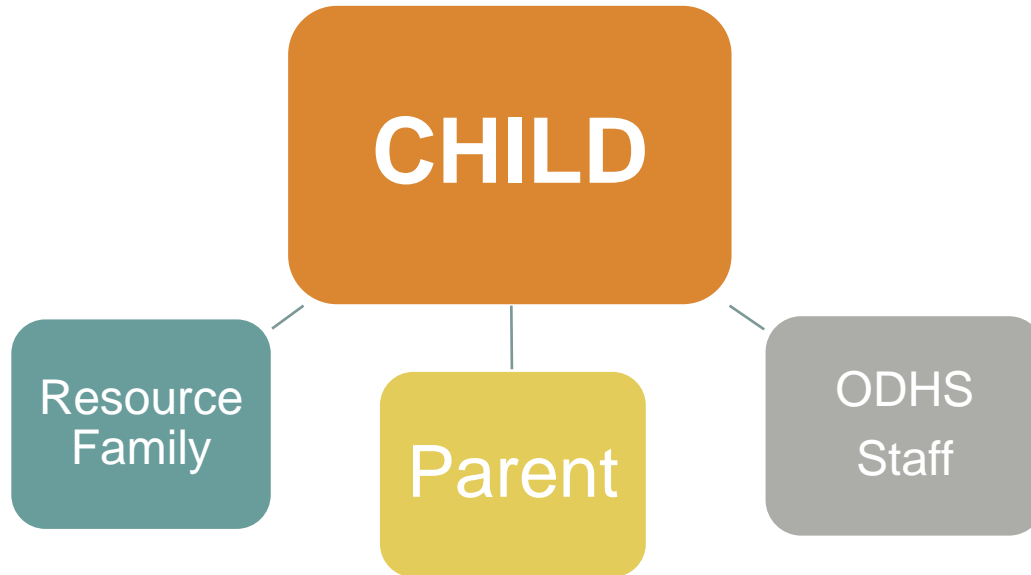
Trauma informed tool that enhances the good engagement already happening during visits & connections with children & youth

Captures a “snapshot” in time & explores child’s identity & culture

Documentation for children & families they will have years from now to refresh their memories & build meaningful connections.

Have been evidenced to support nurturing & attachment, community connection & permanency work for children across the globe.

WHO ARE THEY FOR?



This engagement tool will help to enhance connection with children & youth. It supports the positive interactions already happening during caseworker face-to-face visits & in the home.

FOR REUNIFICATION & ALL TYPES OF PERMANENCY PLANS

Facilitates connection with children/youth, parents, siblings, relatives, resource parents, caseworker, guardianship/adoptive parent, child's team, etc.

THE WHY BEHIND THESE BOOKS

Children who understand their story are better prepared for the next steps in their life.

Children deserve to not only understand their history but share their voice of who they are & heal in the process.

Youth have expressed that a lack of information regarding prior placements, friends, memories, etc. has led to an overall disconnect from their community & ultimately created a barrier for their future.

VIDEO: ODHS Staff Stories

“During each of my home visits where I have worked on this book with a child, I have learned something new about them, even with the kids I have been their caseworker for, for over a year.”



VIDEO:

Richard Rose

- Works with ODHS sharing tools from his ingenious & world-renowned life story work approach, offering supportive communication techniques for all types of caregivers, workers & therapists to use while engaging & connecting with children who have experienced hardships & trauma.
- Directs Child Trauma Intervention Services, Ltd in the UK to consult & train Life Story Therapy & work with children & youth who are “hard to reach” because of their histories of trauma.
- Develops academic training programs in the UK & across the globe. Is fellow & professor in academic & treatment settings.
- Works with children & their caregivers in out of home care & family placements to assist understanding & attachment with goal of enabling placements to become healthy & nurturing



My youth has been in care for 4 years, 10 months, 3 weeks and 2 days as of today. I know because she told me that yesterday. This youth has been through SO much in her 16 years.

When we started working on her book, she was a little hesitant and thought it sounded silly, but she agreed to try it. I am so grateful for the amazing level of engagement I was able to get from her. We have spent hours laughing, and sometimes crying, while she shared stories about her life before & after foster care, and happy & sad memories of her siblings, grandma, & Mom. I'm especially grateful that we were able to talk about Mom because she hasn't been able to do that in the past.

As a teen worker, I typically have a lot of engagement with my youth, however, All About Me allowed me to have a completely different level of engagement than before, and to hear my kids tell their story in a real, unforced way.”

Quote from ODHS Teen Permanency Worker



Vision for Transformation

Guiding principle 1:

Supporting families & promoting prevention: Our Child Welfare transformation is built on trauma-informed, family & community-centered & culturally responsive programs & services focused on engagement, equity, safety, well-being & prevention.



“I started a book with an 11 year old boy with some significant cognitive delays. His resource parent & I each did one along with him. We haven’t gotten through the whole template yet as his attention span is very short but they are absolutely an interesting way to gather info about how a child thinks about their world. I’ve been keeping his pages in a binder and he recognizes the book, knows it is all about him, etc. So, I am finding that if I just bring it with me to each home visit we may or may not work on it for long, but if there are even small opportunities to document things that he shares we do it.”

Quote from ODHS worker

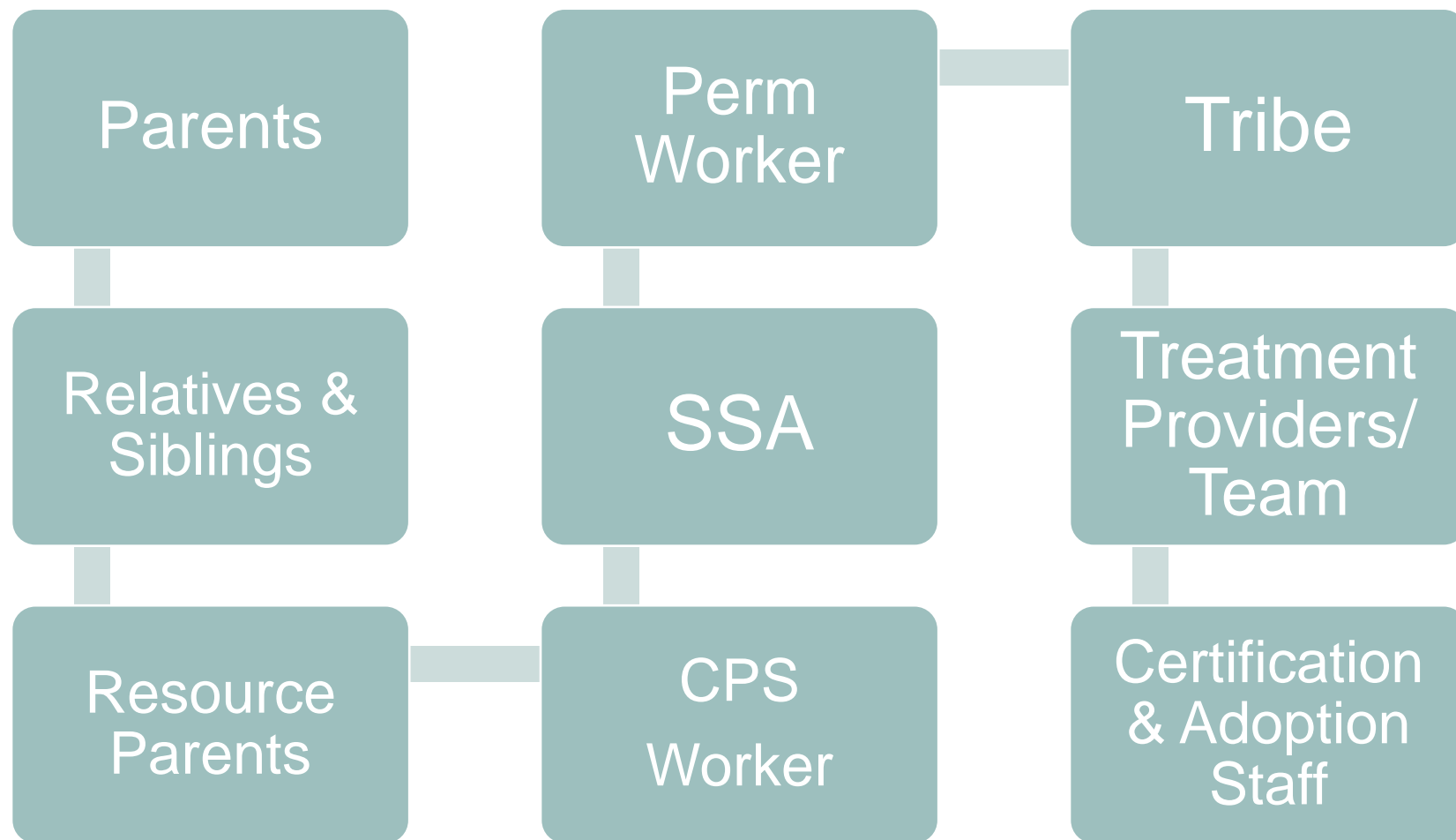


**It's not about
perfection...**

It's about CONNECTION

IT'S A TEAM APPROACH!

Who Can Help?



The child is part of each step of the process!!



TEMPLATES

Electronic PowerPoint Templates found on:

- OWL SharePoint Site (for ODHS staff)
- ORPARC Website Oregon Post Adoption Resource Center
 - Link to ORPARC Site on ODHS Public Facing Resource Page

Include:

- Photos
- Artwork
- Video links
- Music

- Infant template available

50 themed templates in English & Spanish!

Many other languages available on request

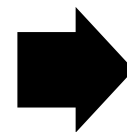


Hard copy templates are in your branches!

Need to print a child's completed book?



Send email with book attached as PDF, child's name & mailing address



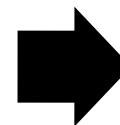
Book will be color printed & mailed to address of your choice!

allaboutme@nwresource.org

Need a template in hardcopy that isn't at your branch?



Request chosen template design from ORPARC's All About Me library site.

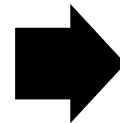


Hardcopy template will be mailed to address of your choice!

Need a template in other language?



ORPARC's library has numerous language options! Just request!



Customized language & design template will be emailed/mailed to address of your choice!

<https://www.librarycat.org/lib/ORPARCLibrary/search/tag/All+About+Me>

Good Reminders.....

Do not include
Last Names &
Addresses

Explore Race,
Culture &
Identity

Use Correct
Pronouns

(These are the pronouns the
person uses & wants you to
use for them)

**HAVE
FUN!**

Child Led -
CUSTOMIZE

Process matters
more than
finished product

Virtual F2F Visit
Share your screen &
create book
electronically together



Exploring Race, Culture & Identity

- More discussion on talking with children & youth about race, culture, and identity. This will be a topic in All About Me continued enhancement learning in 2022.
- The Appendix in the All About Me Procedure has LOTS of info about talking with children & youth about race, culture & identity.
- ORPARC has MANY resources on race, culture & identity as well as children's books to support conversations and resources for transracial placements.
- Take opportunities to continue learning about equity, diversity, exploring race, culture, & identity & serving people from non-dominant cultures.



“For one child, we were working on naming the feelings she has felt & she was very excited to share her feelings chart with me. During a typical home visit, the feelings chart probably wouldn’t have even come up.”

Quote from ODHS Permanency Worker

Emotions will surface for our children

Consistent Supportive Messaging



Nurturing Care
& Felt Safety

Listen



Playful

Patience

Therapy & Supports

Don't worry— you're not a therapist, but you can still support healing! Play & discussing emotional topics are typical tasks in our work.



- When doing books with children & youth, remind them that their info may be shared to support them. Discuss with caregiver and/or parent any relevant issues to help child/youth be understood & supported.
- Themes may arise that indicate a child/young person's need for additional support. Discuss these books with therapist/clinical team so they are aware in advance & can use this in their work, as needed. Share any topics that may need to be addressed in therapy.
- If the child/young person does not have a therapist, discuss with supervisor what may be helpful, such as support groups, permanency preparation, caregiver & parent support, obtaining info for the child/young person, etc.
- If behaviors arise, consider timing & availability of therapist & supports. If a young person is experiencing an emotional crisis, such as needing to testify, consider what parts of the book to focus on & what might be passed on for this one chapter.

Behavior is communication



“I met with my youth and we finished their book. They are proud that they are the first one to do it in our area. This is a youth who’s placement disrupted & this was the most processing they did by talking it out with me. They said doing the book is hard, they don’t know some of the answers. They did not want to talk about culture or friends as those are difficult areas for them. They really like spending one on one time with me, so that is the win for them.”

Quote from ODHS worker

TRANSITIONS

ANYTIME A CHILD MOVES THEY NEED A TRANSITION



All About Me Books = GREAT TOOL!!



Resource Family Book

Families make their own book to share with children

Things to include:

- All family members
- Pets
- Individual hobbies/interests
- Favorite family meals
- Fun family activities
- Photos
- Local school, parks, community center, church/spiritual community



Can be used
for icebreakers
with parents
& relatives!

(with edits for safety as needed)

A fantastic tool to
help with transitions!





Questions?

Monthly Q&A sessions for staff & relatives/resource families for support



Ready, Steady, GO!

Think of one thing you are going to do to playfully engage with a child or young person next week?....

