

# **COMPASS**

## **Level I: Meeting Needs**

**Session 1: Fostering to Achieve Outcomes**

**Session 2: Using Helping Skills to Build Relationships**

**Session 3: Promoting Child Development**

**Session 4: Supporting Emotional Security and Attachment**

**Session 5: Helping Children Grieve**

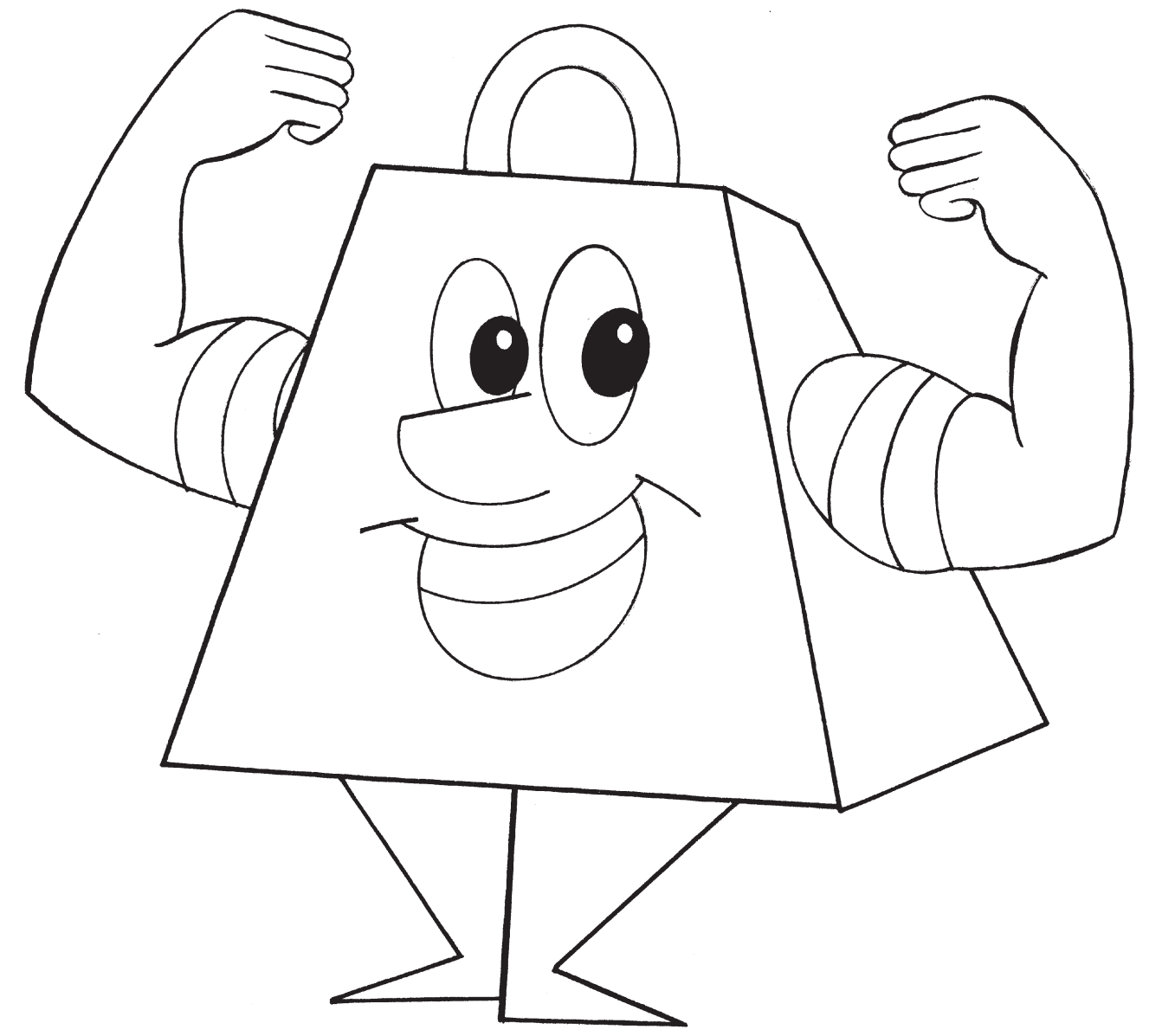
**Session 6: Supporting Reunification Through Visits**

**Session 7: Providing Safety**

**Session 8: Preparing Youth for Independent Living**

**Session 9: Creating Partnerships and Working as a Team**

**Strengths...**



**are the**

**skills, resources,**

**qualities, and**

**experiences that**

**say something**

**positive about**

**a person.**

# **The Twelve Skills for Successful Fostering and Adopting**

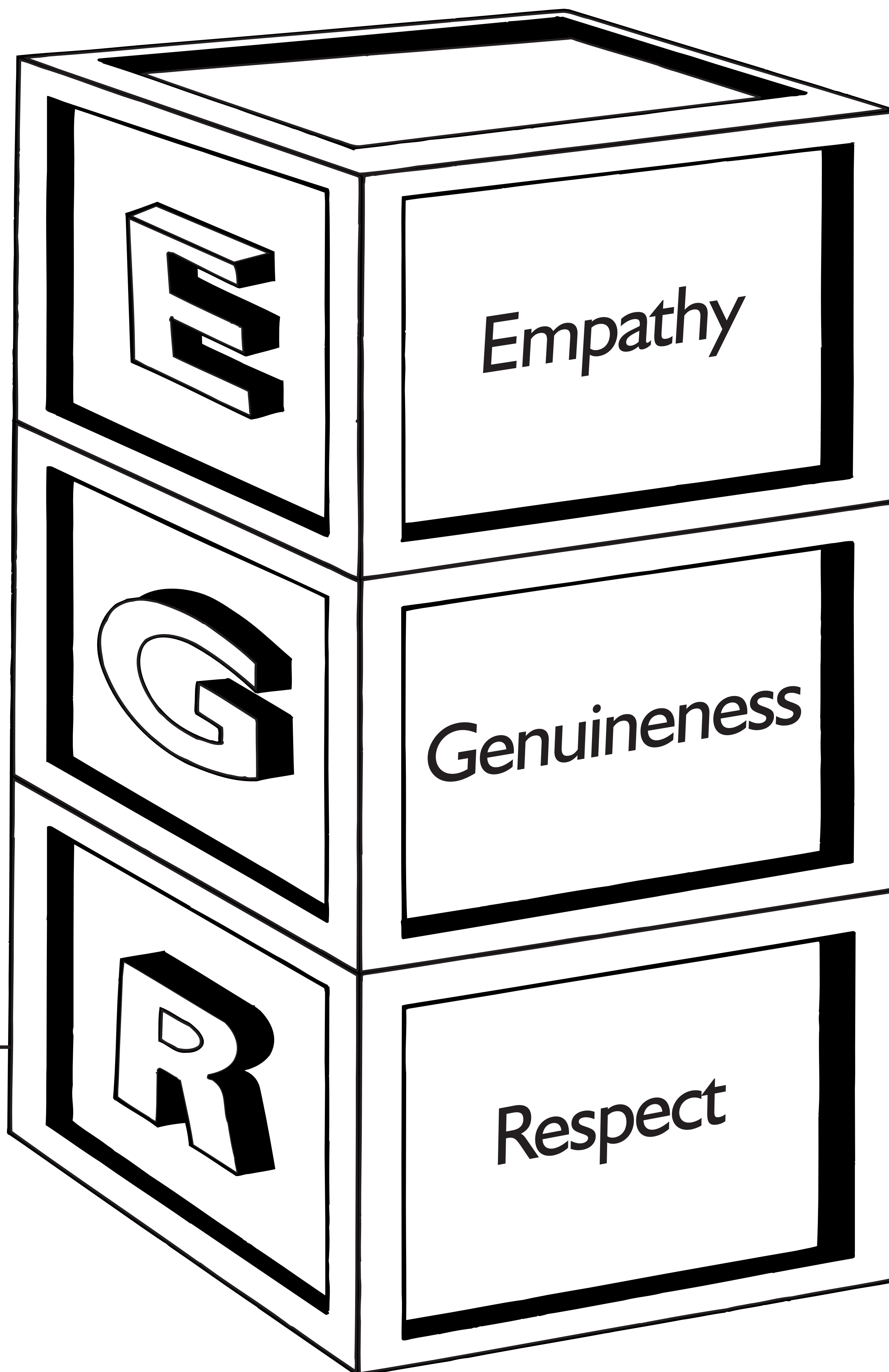
- 1. Know your own family.**
- 2. Communicate effectively.**
- 3. Know the children.**
- 4. Build strengths; meet needs.**
- 5. Work in partnership.**

- 6. Be a loss and attachment expert.**
- 7. Manage behaviors.**
- 8. Build and maintain connections.**
- 9. Build self-esteem.**
- 10. Assure health and safety.**
- 11. Assess the impact on the family.**
- 12. Make an informed decision.**

# **The Five Foster/ Adoptive Family Role Outcomes**

- **Safety**
- **Child Development**
- **Emotional Security  
and Attachment**
- **Reunification  
or Adoption**
- **Independent Living**

# The Three Building Blocks of a Helping Relationship



# Nonverbal Helping Skills

Environment

Body and Face

Voice





# Verbal Helping Skills

Questioning

Concreteness

Reflection

content  
feelings



# Human Development

is the



dynamic

relationship between a

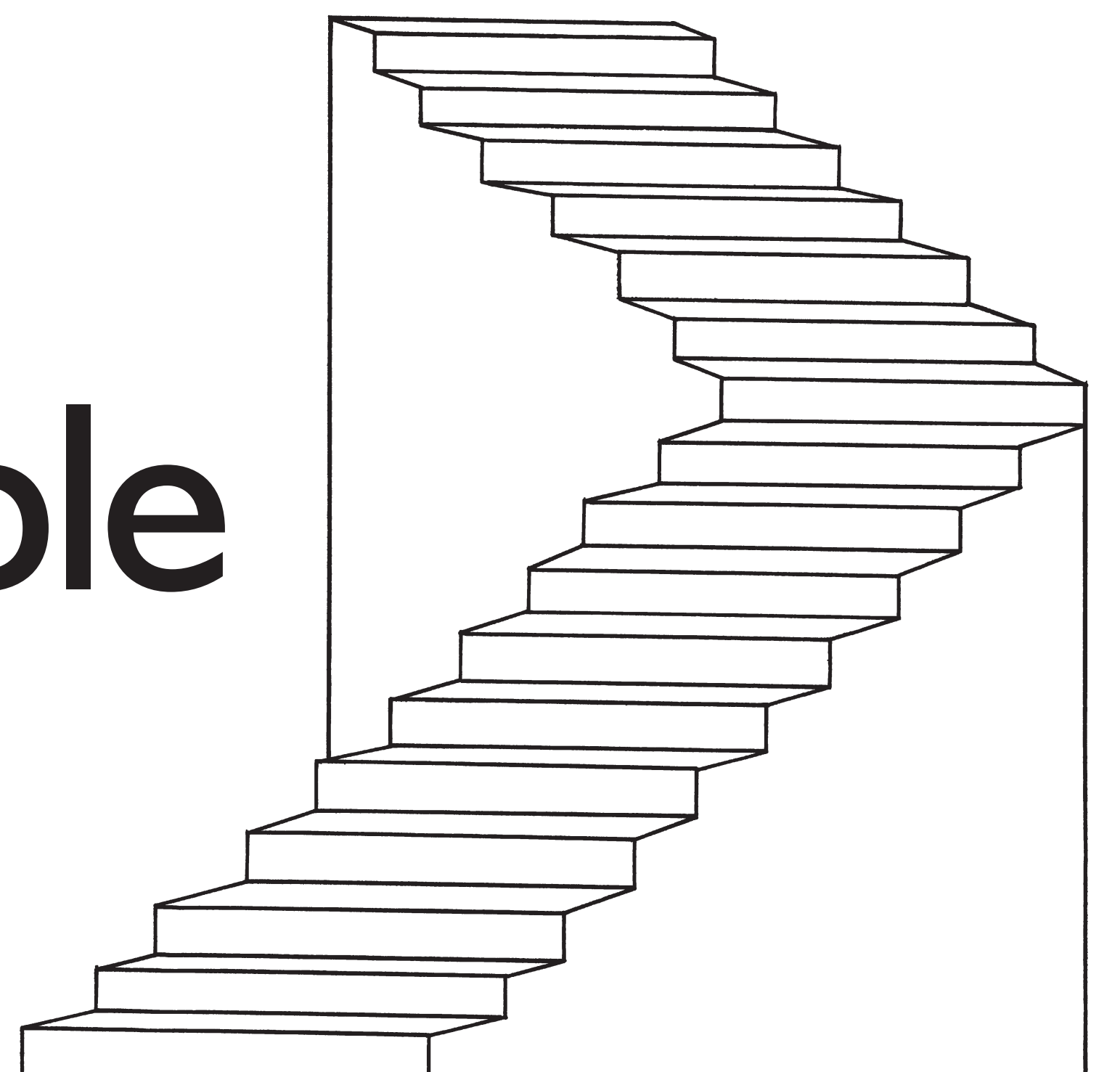


and the

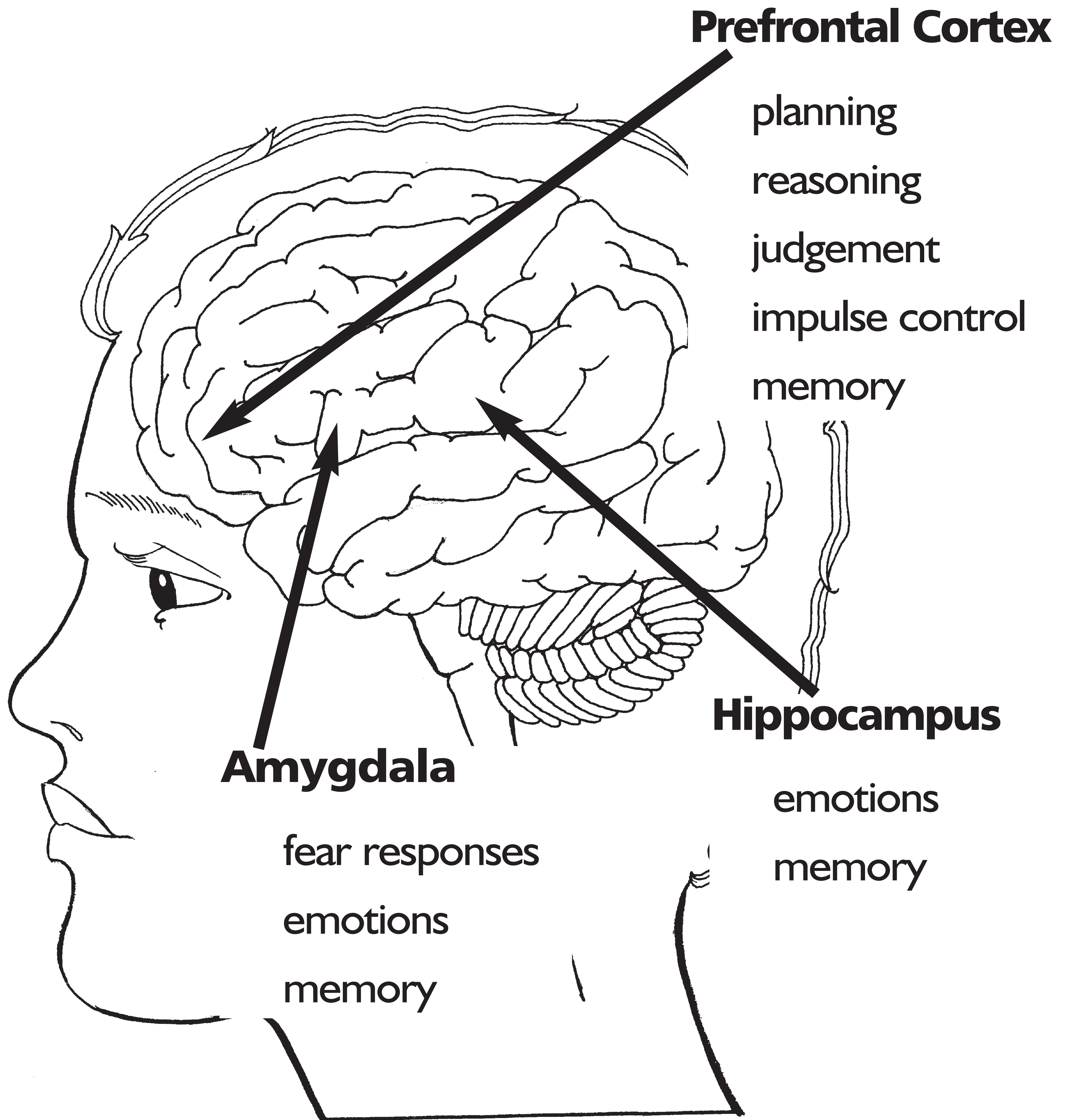


that occurs in

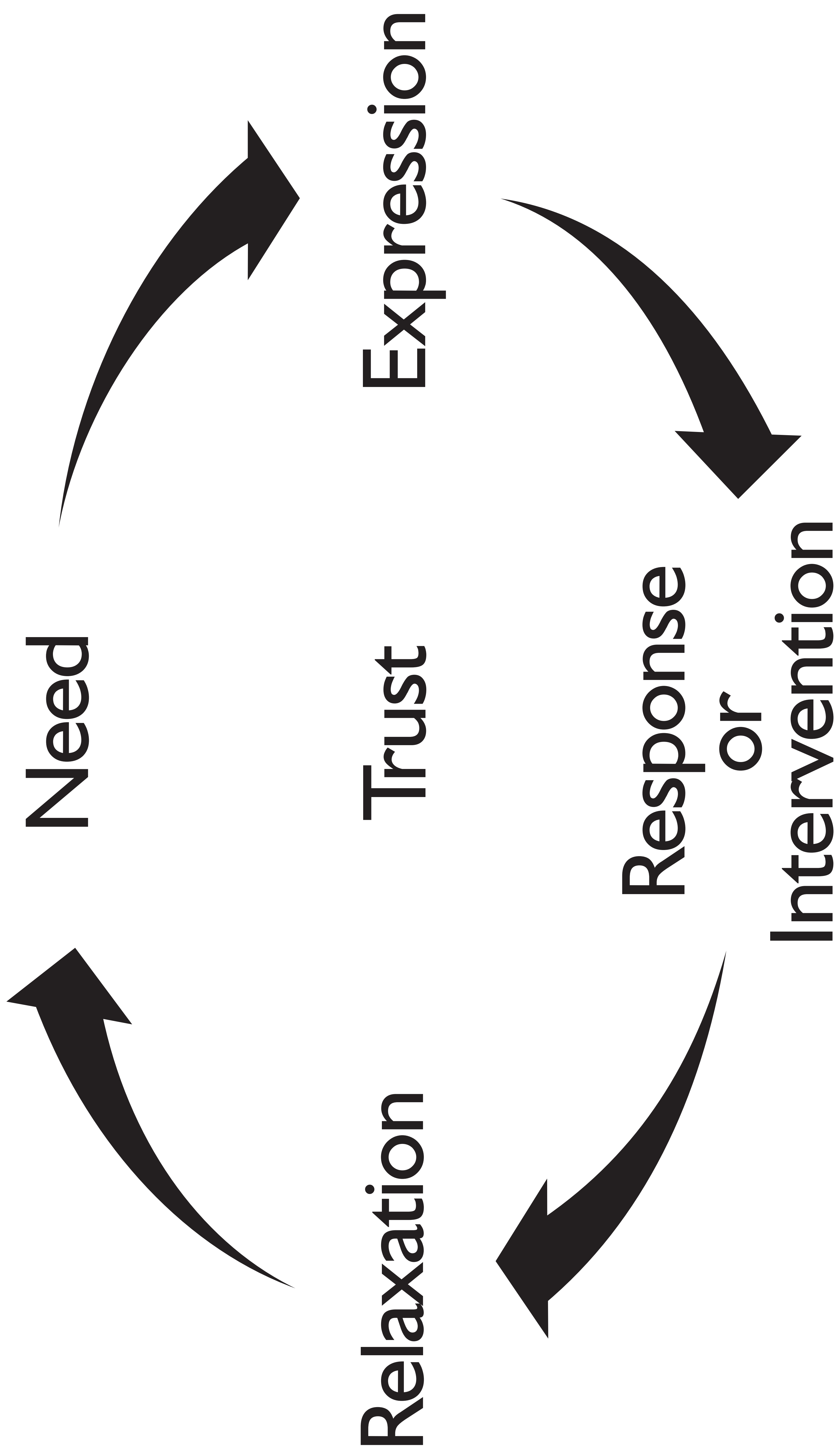
orderly, predictable



# Traumatic Experiences and Brain Development



# Cycle of Attachment



**Attachment is the**

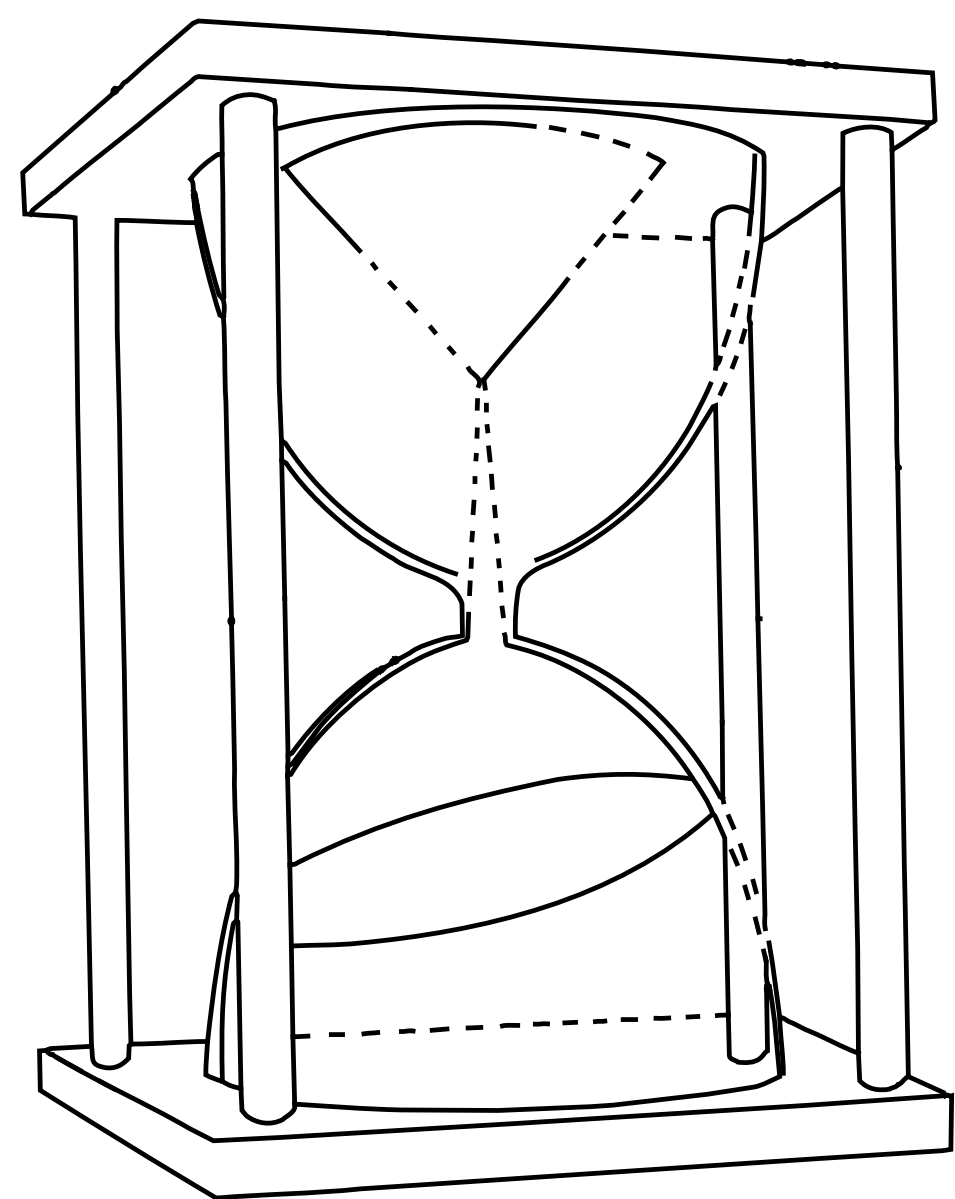


**tie that exists**

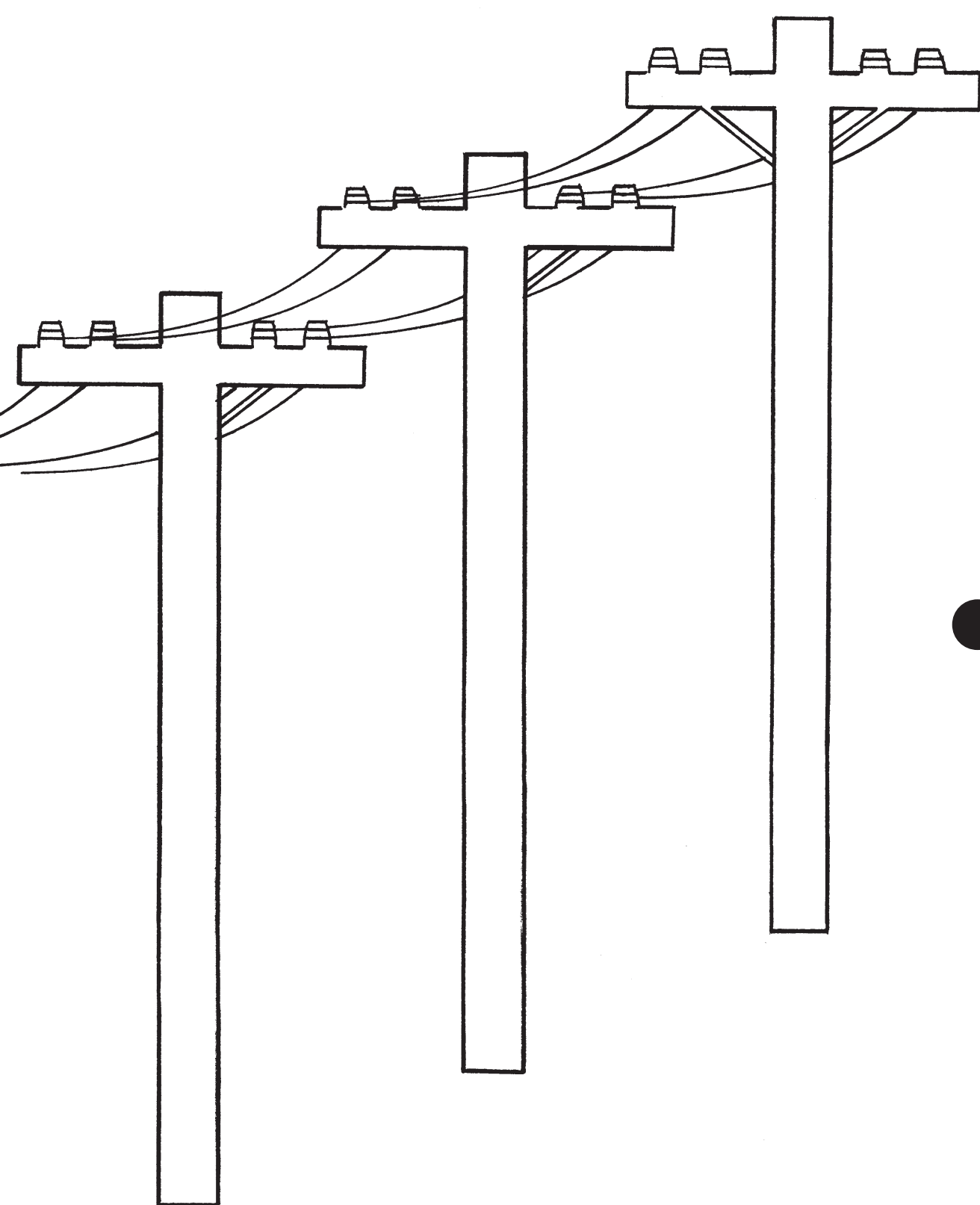
**indefinitely between**

**people and lasts even**

**over**



**and**



**.**

# Positive Interaction Cycle



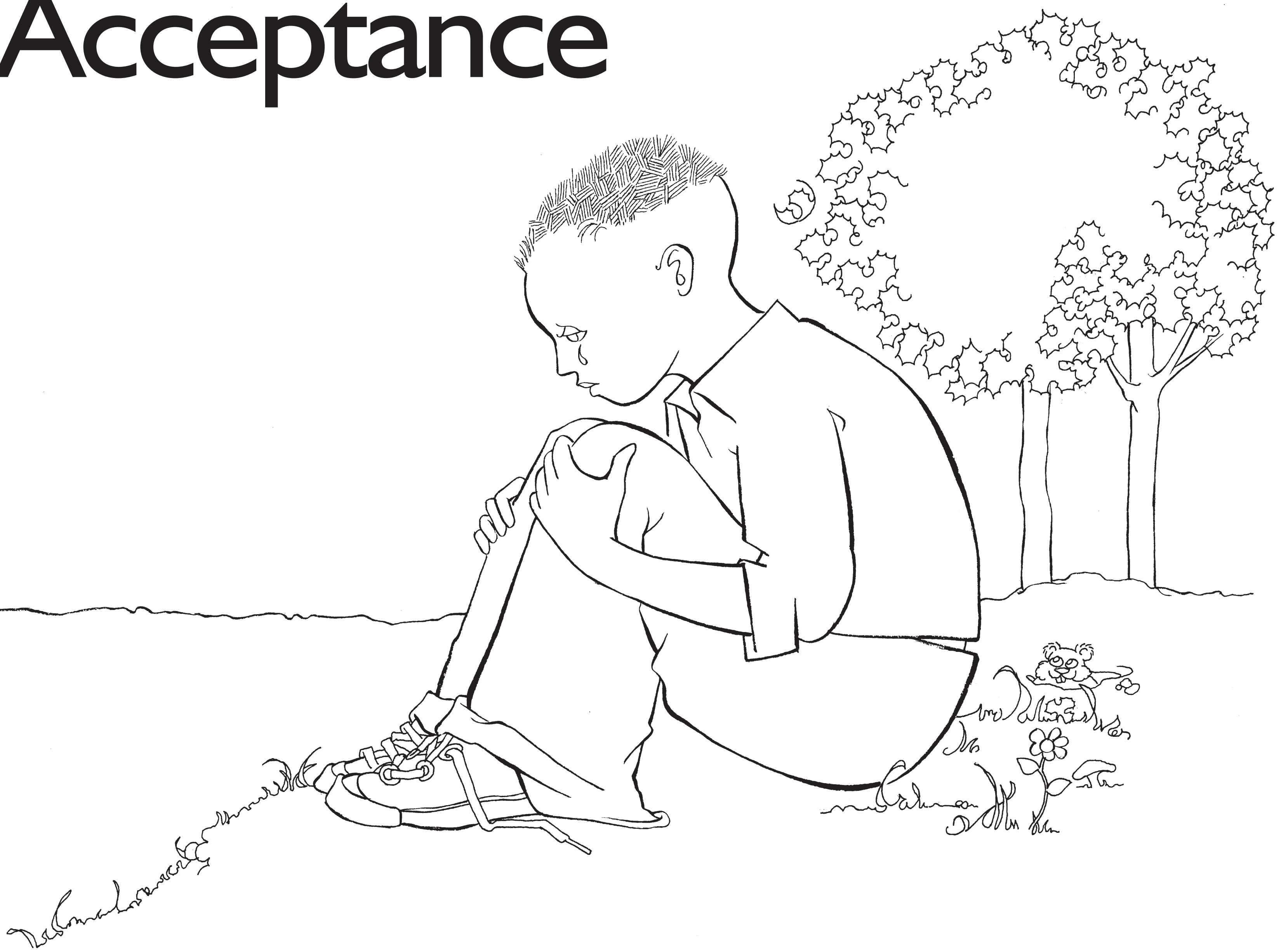
Parent initiates  
positive interactions

Self-esteem  
Trust

Child responds  
positively

# The Grieving Process

- Shock/Denial
- Bargaining
- Anger
- Despair
- Understanding/  
Acceptance



# Reaching Understanding

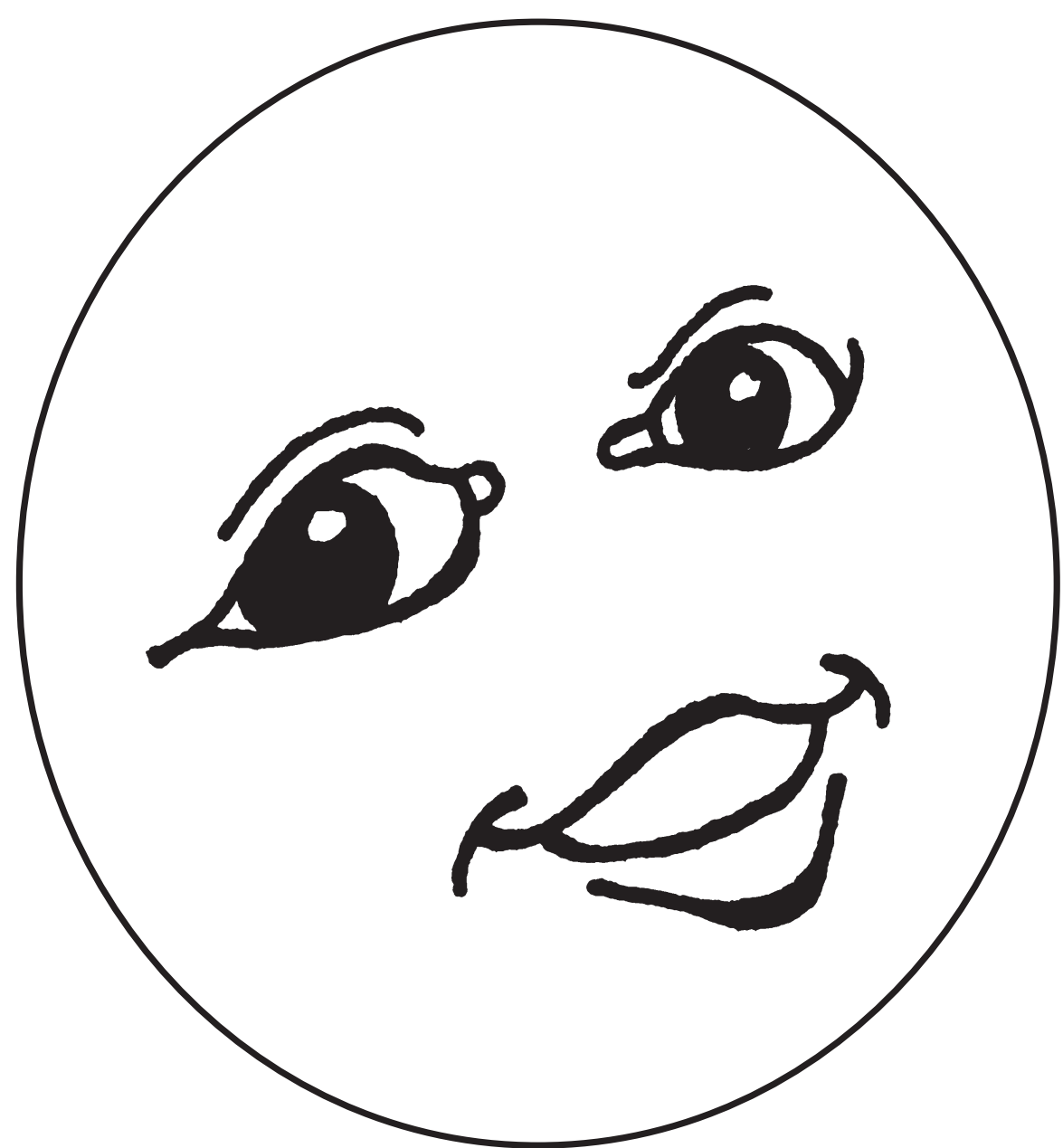
A grieving child needs:

- complete and accurate information about the loss,
- support in grieving, and the
- continuing presence of a caring adult.

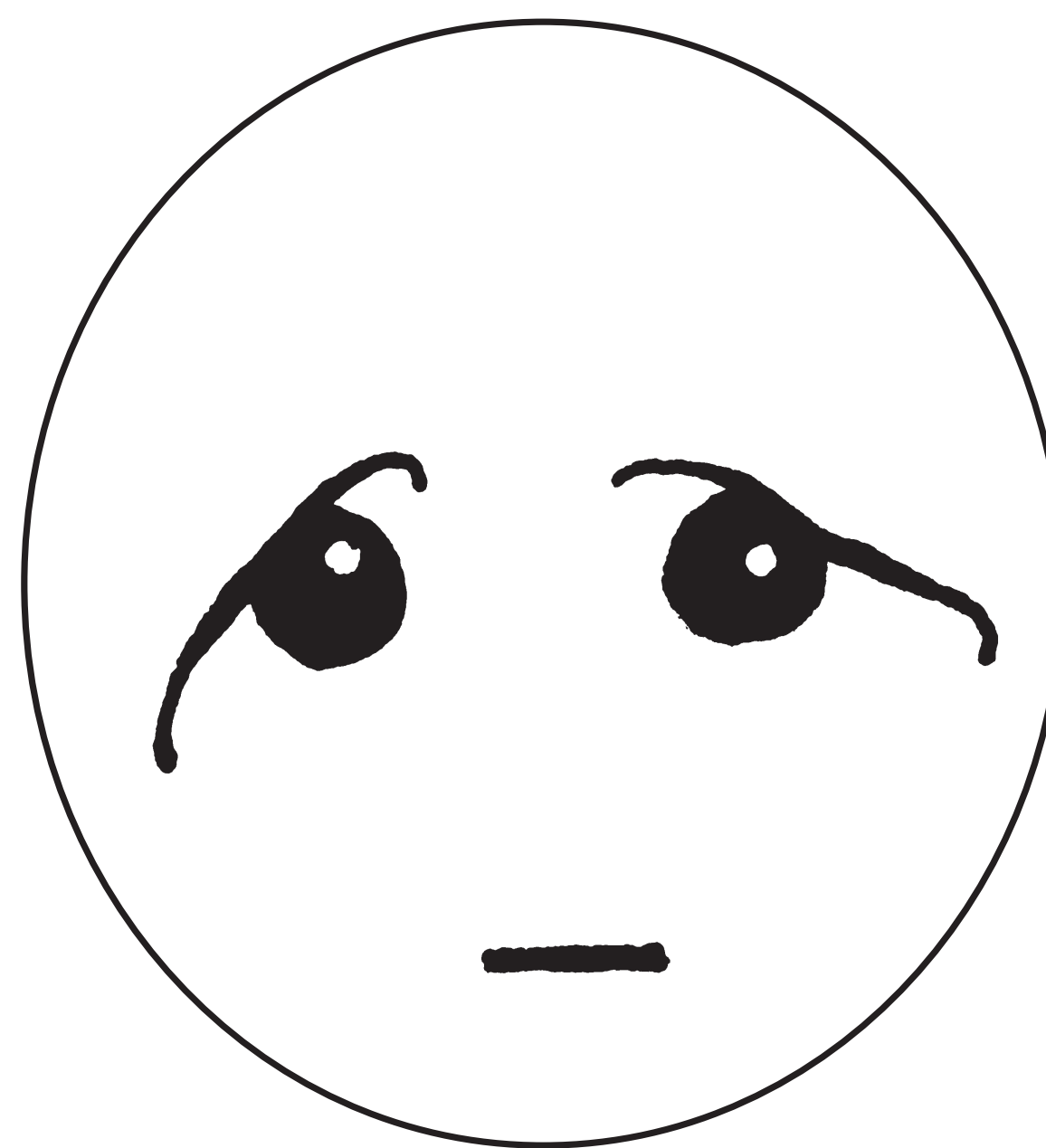




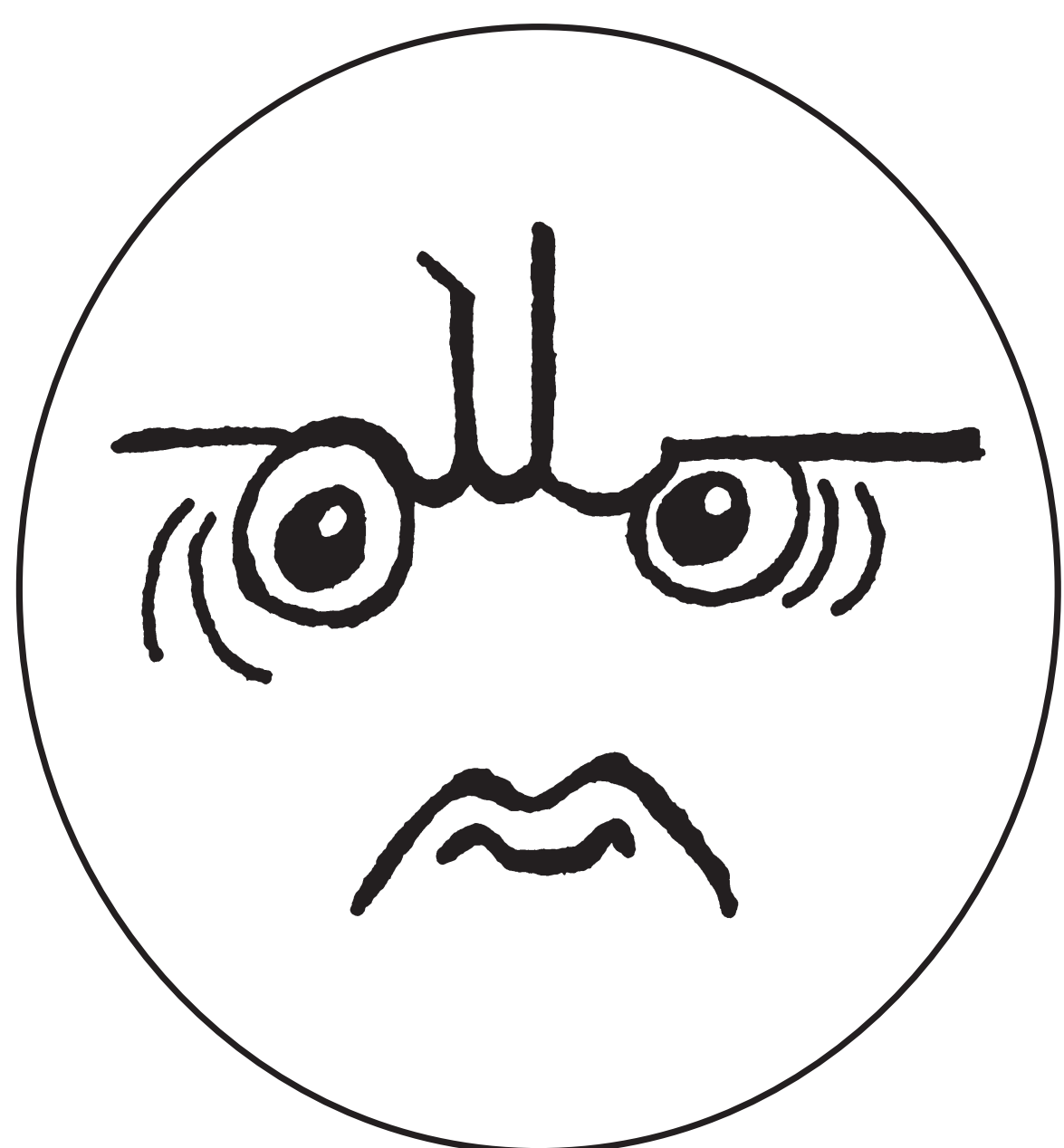
# Many Feelings



**Happy**



**Sad**



**Angry**



**Scared**

# Positive Parental Alliance

the relationship that is formed when the important adults in the child's life are working *together* to meet the child's needs

# Visiting...

is the planned

intervention at

the

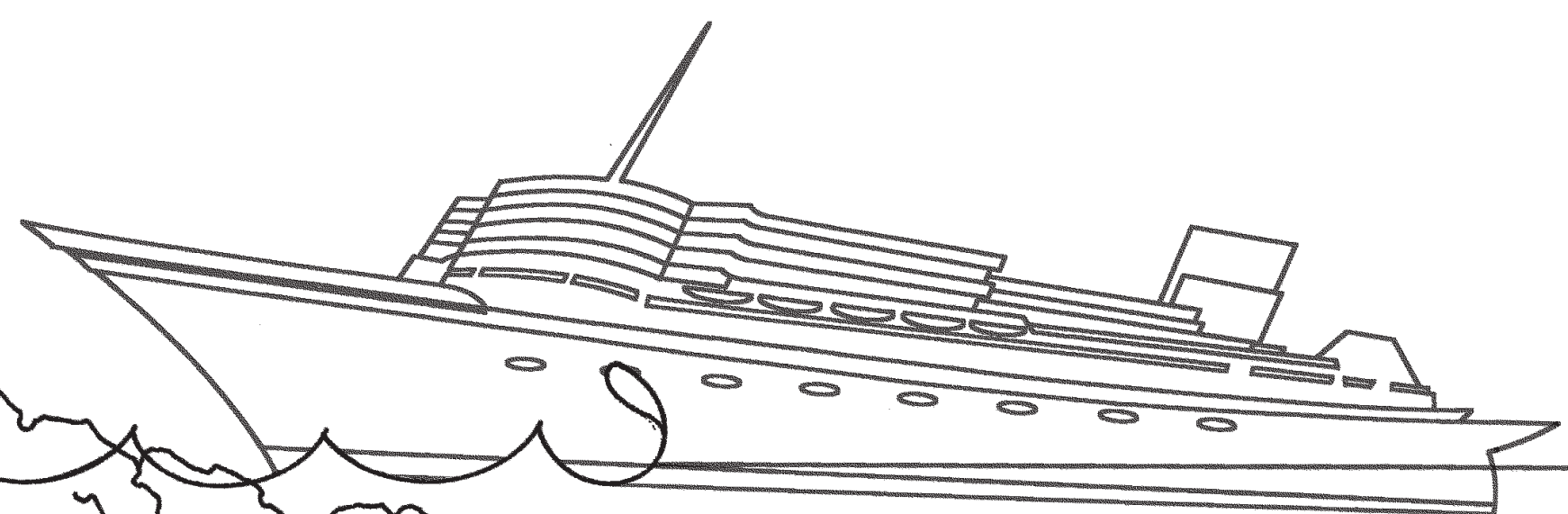
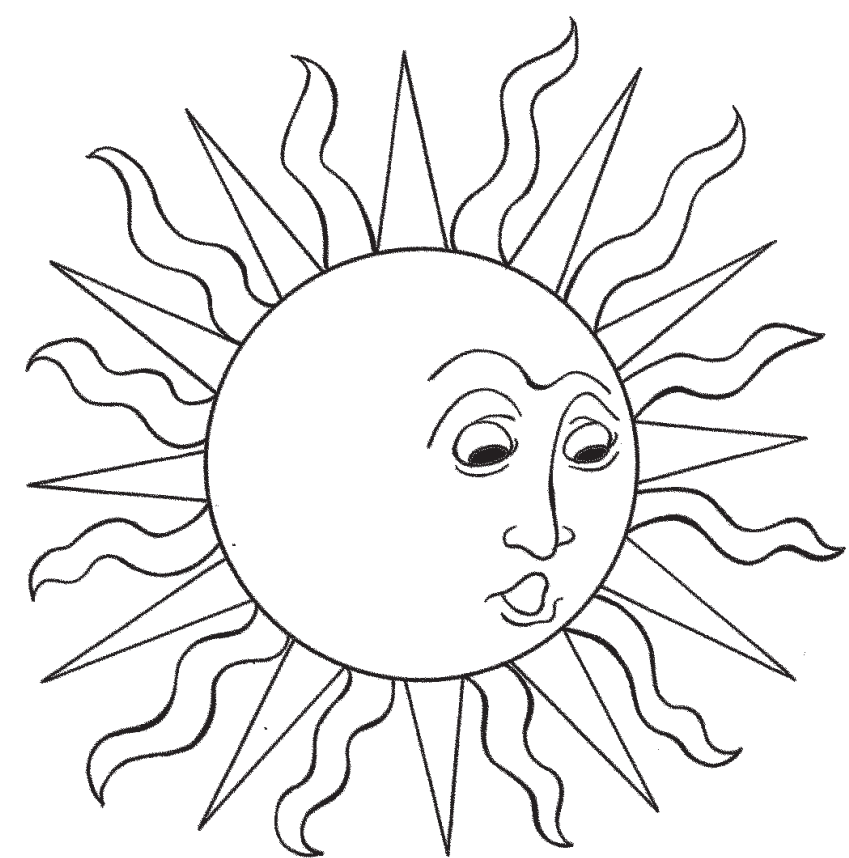


of

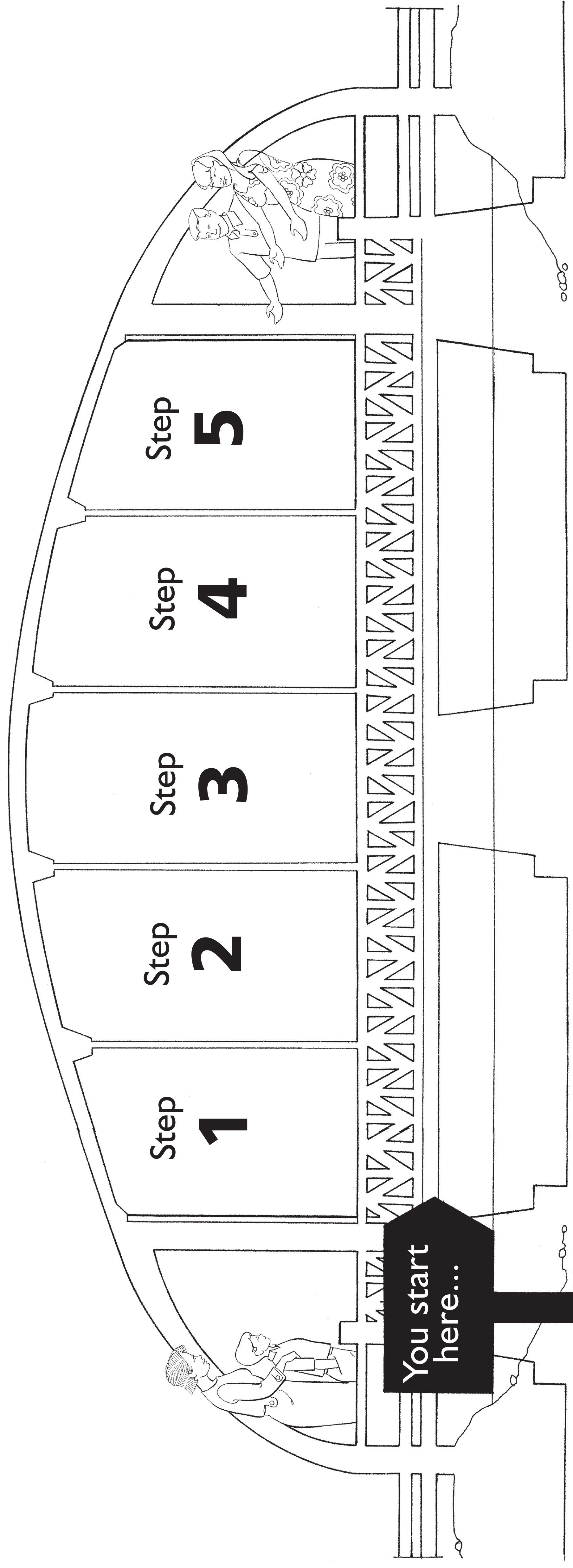
reunification.

# Behavior...

# is like the tip of an iceberg.



# Building the Bridge of Alliance



# Ladder of Human Needs

A diagram of a ladder with six horizontal rungs and two vertical supports. Each rung is a white rectangular box with a black border, and each support is a solid black vertical bar. The rungs are arranged in a descending staircase pattern from top to bottom.

# Safety

A child is 'safe' when:

there is no immediate or impending danger of serious harm to a child's life or health as a result of acts of commission or omission (actions or inactions) by the child's parents and/or caretakers.

# Giving Safety Messages

1. Match words to the child's understanding.

(Say “I want you to be safe”

– or –

“You deserve to be safe.”)

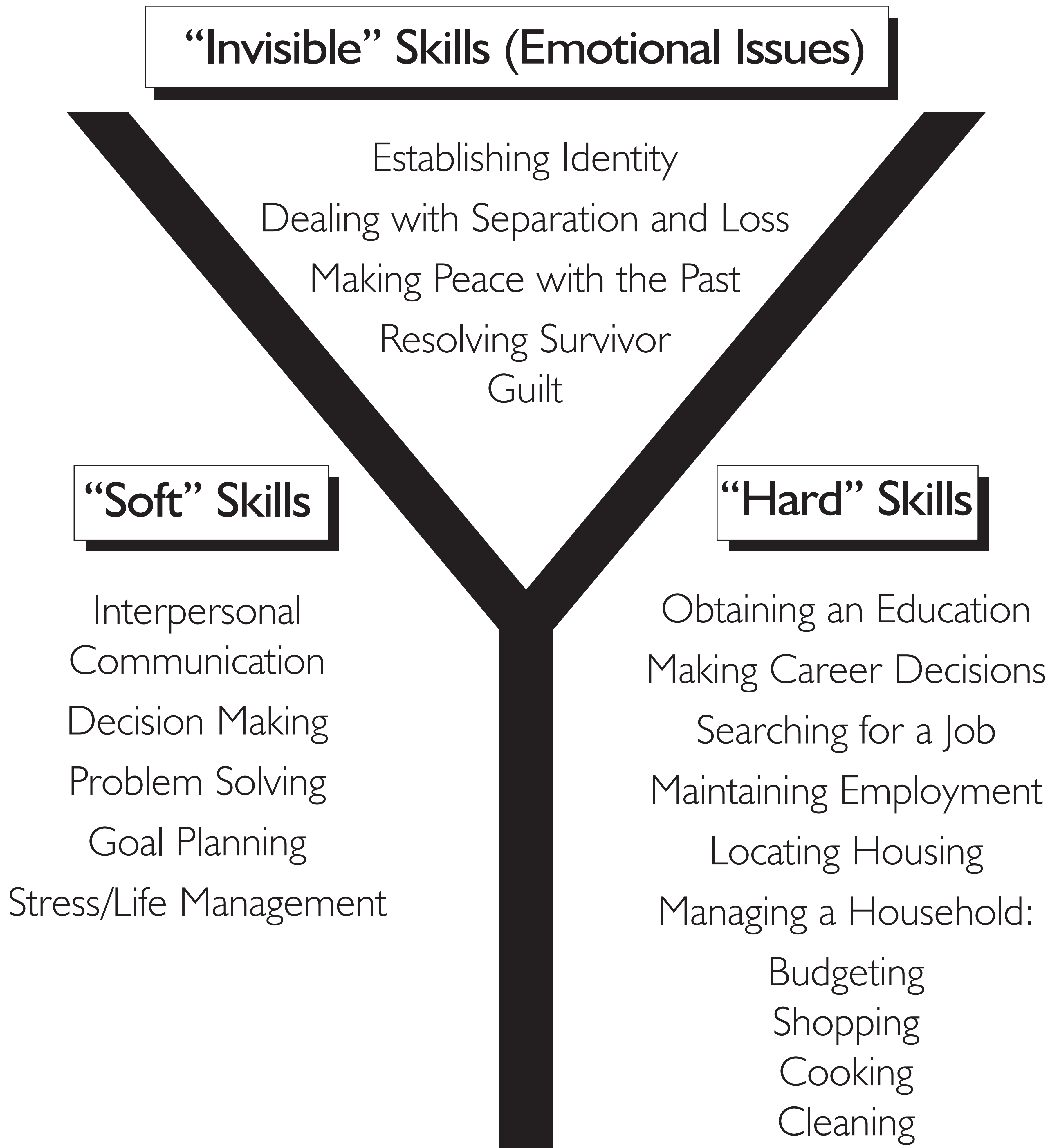
2. Provide concrete action the child can take.

3. Use “open” communication.





# The “Y” of Independent Living\*



\*Source: Adapted with permission from: Rockefeller College Professional Development Program. 1995. *Case*

*Management Skills*. Albany: Rockefeller College.

# **The Eight Steps of Social Contracting\***

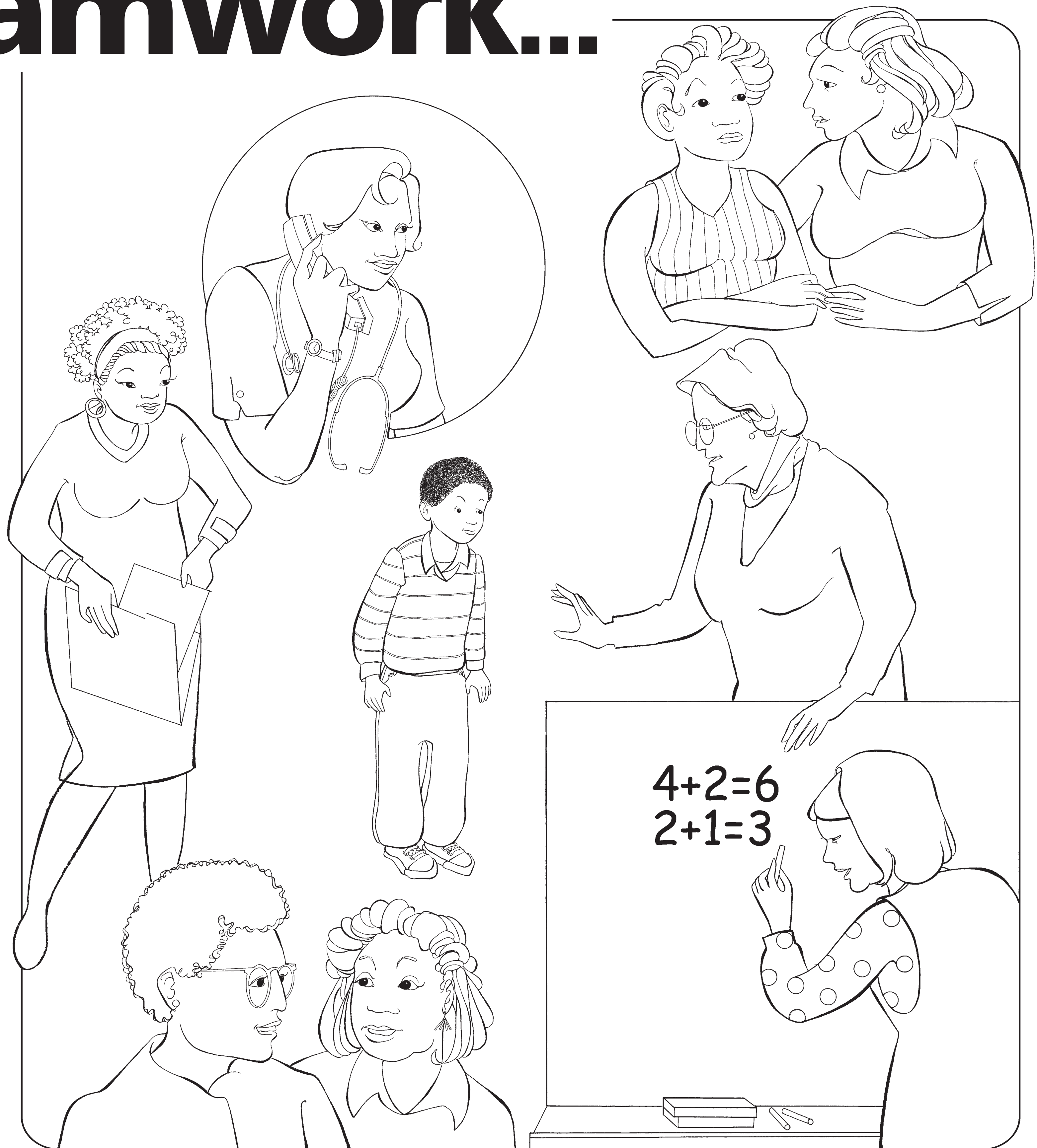
- 1. Offer personal acknowledgment.**
- 2. State your understanding of the situation.**
- 3. Ask for needs and offers of others.**
- 4. State your own needs and offers.**
- 5. Reach agreement.**

6. Ask for feedback about control and vulnerability.
7. Give support.
8. Decide the next steps.



*\*Adapted from Peter Block: **Flawless Consulting: A Guide to Getting Your Experiences Used.***

# Teamwork...



**is the cooperative effort of two or more persons working together in clear, flexible roles toward a shared outcome.**