

One Home Resource List

Youth who experience multiple placements are more likely to experience homelessness, school dropout, poor self-image, and inconsistent relationships in adulthood (Pecora, et al, 2007). Thirty-five percent of Virginia youth in foster care experienced two or more placements (2017, Kids Count). Additionally, disruptions of the adoptive placements of children range from about 10-to-25 percent (2012, Child Welfare Information Gateway). When the adoptive placement of youth is disrupted, children are returned to the custody of the foster care system and placed in a home. This problem and the need to generate solutions lie not only with the Department of Social Services, but also the entire youth-serving community.

The One Home Initiative is a collective of public and private agency representatives dedicated to reducing placement moves for children in the foster care system. This resource guide was developed based on research into the areas that are most likely to lead to placement disruptions. Behaviors most likely to lead to placement disruptions are but not limited to: running behaviors, physical, verbal, and sexual aggression, and self-sabotaging behaviors such as lying or self-harm. The guide is meant for both parents and professionals looking for resources when faced with challenges in placement.

The members of the One Home Initiative do not endorse any particular service or company linked to the resources provided. The guide is meant to serve as a resource, and the One Home Initiative is not responsible for the management of any of the resources provided. The guide does not supersede the guidance or instruction of any licensing or service-providing organization assigned to work a child or family. The One Home Initiative and its members will not benefit financially from linkages to any resources provided in this guide and are providing the guide free of any compensation.

To inquire about adding or removing resources, please contact Jeanne Hollingshead at jeanne@piprva.com.

Helpful Websites and Contacts

Website	Contact information	Description
National Human Trafficking	Website Hotline: 1-888-373-7888 (TTY: 711) Text 233733	The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The Trafficking Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases.
National Human Trafficking Referral Directory	Referral Directory National Human Trafficking Hotline	This online Referral Directory is made up of anti-trafficking organizations and programs that offer emergency, transitional, or long-term services to victims

Website	Contact information	Description
	Phone number: (888) 373-7888 Text “BEFREE” or “HELP” to 233733	and survivors of human trafficking as well as those that provide resources and opportunities in the anti-trafficking field.
National Runaway Safeline	Website Phone: 1-800-RUNAWAY	For 50 years, the National Runaway Safeline has been responding to youth and families in crisis, serving as the national communications system for runaway and homeless youth. The mission of the National Runaway Safeline (NRS) is to keep America’s runaway, homeless and at-risk youth safe and off the streets.
National Child Abuse Hotline	Website Phone: 800-422-4453 (800-4-A-Text (800) 422-4453	The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who — through interpreters — provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls, texts and chats are confidential.
Virginia Child Abuse Hotline	Phone: 1-800-552-7096 Out of state: (804) 786-8536	The Virginia Department of Social Services operates a CPS Hotline 24/7 to support local departments of social services by receiving reports of child abuse and neglect and referring them to the appropriate local department of social services. The CPS Hotline is staffed by trained Protective Services Hotline Specialists. CPS Hotline staff may provide general information and educational materials about child abuse or neglect to callers from the general public, child care providers, school educators and medical professionals on recognizing and reporting suspected child abuse or neglect.
Cameron Gallagher Family Resource Center	Webpage Phone number: (804) 828-9897	The Cameron K. Gallagher Mental Health Resource Center helps families navigate and access mental health services in Virginia. Families can call directly to speak with a family navigator, free of charge.
The National Trauma Stress Network (NCTSN) training website	Training The National Child Traumatic Stress Network (nctsn.org)	The NCTSN offers both online and in-person training on a range of topics, from general trauma education, to assessment and intervention techniques, to Breakthrough Series Collaboratives focused on systems change.
Child Welfare League of America (CWLA)	Website	CWLA offers many resources for professionals and families focusing on children and youth who may have experienced abuse, neglect, family disruption, or a range of other factors that jeopardize their safety,

Website	Contact information	Description
		permanence, or well-being. CWLA also focuses on the families, caregivers, and the communities that care for and support these children

AWOL

(i.e., going with strangers, leaving for long periods of time, etc.)

Title	Type of Resource	Audience	Description
Running Away Part I: Why Kids Do It and How to Stop Them	Article	Parents Professionals	The intent of this article is to support parents in situations where their child uses running away as a faulty problem-solving skill in response to rules or limits that are being set in the home.
Youth Who Run away from Foster Care	Article	Professionals	A brief explanation about youth in care who run away including the motivation and ramifications from Court Appointed Special Advocates (CASA).
Let's Talk Runaway Prevention Curriculum	Training	Professionals	The National Runaway Switchboard offers the Let's Talk: Runaway Prevention Curriculum, a free online curriculum that builds life skills, increases knowledge about runaway resources and prevention, educates youth about alternatives to running away, and encourages youth to access and seek help from trusted community members. The program can be delivered by a range of youth-serving professionals; each module can be completed in 45-60 minutes. Modules cover such topics as communication and listening, adolescent development, and Internet safety. Evaluation data suggest Let's Talk improves knowledge and life skills of youth who participate in the program.

Trafficking and Exploitation

(The exchange of money goods or services for in return for sexual favors, also called Commercial sexual exploitation of children.)

Title	Type of Resource	Audience	Description
Polaris Project: Human Trafficking Facts	Website	Parents Professionals	Facts about trafficking from Polaris, an organization founded in 2002 to help educate the public about trafficking.
Trafficking: Recognizing the Signs	Website	Parents Professionals	As the U.S. anti-trafficking movement has grown in our understanding of this diverse and complex crime, we are learning more about how specific people, such as medical professionals, teachers, truck drivers, and restaurant personnel, in addition to friends and family members, can help identify and report possible trafficking. Everyone can help by learning the types of trafficking and paying attention to the people around us.
Myths and Misconceptions about Human Trafficking	Website	Parents Professionals	Some common myths and misconceptions about human trafficking.
Tricked: Inside the World of Teen Trafficking	Website Videos (Youtube) Podcast	Parents Professionals	<i>Tricked: Inside the World of Teen Sex Trafficking</i> will help students understand and spot the scouting and manipulating techniques that are commonly used by traffickers.
How to Fight Human Trafficking as a Parent or Foster Parent	Article	Parents Professionals	Human trafficking is closely linked to children in foster care, and as a foster parent, it's crucial to be educated on the topic so you can do your best to help prevent or stop it in its tracks. In this post, you'll learn what to look for and how to help fight the battle against human trafficking.
What You Need to Know About Foster Care and Human Trafficking	Article	Parents Professionals	You probably hear about human trafficking in the news all the time. It's a dangerous, and sometimes deadly, problem in America — and foster children are at a higher risk of becoming victims. Learn what human trafficking is, how it's connected to foster children and steps you can take to be a part of the solution.

Human Trafficking Resources for Victims Services	Resource list	Professionals	Resources intended to provide general information and guidance for victims services providers.
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Physical and Sexual Aggression

(to other people in the home and/or to animals)

Title	Type of Resource	Audience	Description
Understanding Difficult Behavior: For Foster and Adoptive Parents	Article	Parents Professionals	It is common for children and adolescents in foster care and adoptive situations to exhibit challenging behaviors, some of which can be severe. It is equally common for parents providing care to these children to become upset and overwhelmed by what they see.
Parenting Physically Aggressive Children and Youth – Washington Edition Participants Guide	Guide	Professionals	Training guide for professionals and parents to learn how to assist families in understanding and managing physically aggressive behaviors in children and youth.
Why Foster and Adoptive Kids can be Aggressive	Video	Parents	From the Family Care Learning channel on YouTube
How to Look Beyond Behaviors to Solve Children’s Behavioral Challenges with Mona Delahooke, PhD	Podcast	Parents Professionals	This podcast will focus on looking beyond behaviors to understand and help solve children’s behavioral challenges. Behavior is simply and outward expression of inward emotions—so if we just work to correct the behaviors we see, we miss a great deal of the problem!

Foster Care and Adoption Websites

Title	Type of Resource	Audience	Description
Center for Adoption Support and Education	Training	Parents Professionals	A list of upcoming trainings, many of them virtual, for the foster care and adoption community.
Family Care Learning	YouTube channel	Parents	This channel contains educational content from our courses and other content designed to strengthen families from a Christian worldview and trauma-informed perspective. Family Care Learning is an education division of Christian Family Care. Christian Family Care is a foster and adoption agency that has been serving Arizona since 1982.
Child Discipline Tips for Foster or Adopted Children (verywellfamily.com) - Parents	Article	Parents	When someone becomes a foster parent or adopts a child, they are often put into a position to manage difficult behaviors. Here are a few child discipline ideas that helped numerous foster and adoptive families.
Helping Youth Transition to Adulthood: Guidance for Foster Parents (childwelfare.gov)	Resource list	Parents	Foster care and adoption resources from Sesame Street
Helping Youth Transition to Adulthood: Guidance for Foster Parents (childwelfare.gov)	Fact Sheet	Parents Professionals	This factsheet provides guidance on how you can help youth build a foundation for a successful transition to adult life outside of foster care.
Parenting Children and Youth Who Have Experienced Abuse or Neglect (childwelfare.gov)	Fact Sheet	Parents	This factsheet is intended to help parents (birth, foster, and adoptive) and other caregivers better understand the challenges of caring for a child or youth who has experienced maltreatment and learn about available resources for support. Available in Spanish.
How to Say Goodbye to Children in Your Home	Article	Parents	A practical article about preparing to say goodbye to a child in your home. This article is part of a newsletter and can be found on pages 1 and 2.

Relationship Damaging Behaviors

(i.e., property damage, theft, lying, oppositional or antagonizing behaviors, disrespect, fire starting, etc.)

Title	Type of Resource	Audience	Description
Lying is a Trauma Driven Behavior	Blog Podcast	Parents	A blog and podcast from Robyn Gobbel about how lying is both a normal human behavior and a trauma driven behavior.
Lying	Article Video	Parents	An excerpt from the book Positive Discipline A-Z about lying with concrete suggestions for parents. It also includes a video at the end of the article.
Hoarding, Overeating, & Food Obsessions in Adopted and Foster Kids	Blog	Parents	Practical advice on how best to handle hoarding, overeating, and food obsessions in adopted and foster kids.

Youth with Problematic Sexual Behaviors

Title	Type of Resource	Audience	Description
Addressing Youth and Children with Problematic Sexual Behaviors	Resources Fact Sheets Video	Parents Professionals	From the National Children's Alliance Learning Center, this page offers resources, fact sheets and videos for caregivers and professionals.

Understanding Emotional and Behavioral Needs

Title	Type of Resource	Audience	Description
The Emotional Cup	Infographic	Parents	An infographic about the emotional cup which serves as a reminder that every child has a cup that needs to be filled with affection, love, security and attention.
Dan Siegel's Name it to Tame It	Video	Parents	How can you help a child who is having an emotional melt down? Learn brain-science basics and the two simple steps to calm a child who is experiencing intense emotions. In this video, Author and Psychiatrist Dr. Dan Siegel demonstrates a step-by-step approach to help a child manage strong emotions. At the same time Dr. Siegel explains how this process is working at a biological level by "squirting soothing neurotransmitters" in the brain!
12 Self-regulation Strategies for Young Children	Blog	Parents	While toddlers and pre-school aged children are learning to notice their feelings and exercise self-control, the adults in their lives are still essential co-regulators. Adults can help children follow a 3-Step Recipe for Self-Regulation based on Dr. Daniel Siegel's "Name it to tame it" process. An infographic of the 12 regulation strategies can be found here .
Why Do We Lose Control of Our Emotions?	Video	Parents	Simple, easy-to-understand whiteboard animation to help early Elementary-aged children gain an understanding of the way their brains work to recognize and manage their emotions. This is intended as a beginning resource to help children, parents, educators, and those who work with children to encourage mindfulness, empathy, and emotional regulation. The Hand/Brain Model included in the video is a concept by Dr. Dan Siegel.
Not Flipping Your Lid...When Your Kid Flips Theirs	Blog		How do we stay grounded and regulated when our kids are going bananas? Experiencing some trauma trigger? Having a \$5 reaction to a \$.50 problem? Because of the way our minds and bodies and nervous systems are connected to each other, when our kids flip their lids, of COURSE we do too!!!!

Title	Type of Resource	Audience	Description
Explaining the Brain to Children and Adolescents (Wise Owl-Barking Dog and Upstairs-Downstairs Brain)	Video	Parents Professionals	A video about how the brain responds to stressors and deals with emotions by Allison Sampson Jackson.
How to Teach Kids About the Brain: Laying Strong Foundations for Emotional Intelligence	Article		Knowledge is power. When children understand what's happening in the brain, it can be the first step to having the power to make choices. Knowledge can be equally powerful to parents too. Knowing how the brain works means we can also understand how to respond when our children need our help.
Arc of the Tantrum	Infographic Video	Parents Professionals	An infographic and a video which serves to help us understand that tantrums (or emotional dysregulation) often occur as a bell curve.
Understanding children's behavior and helping them heal – AdoptUSKids blog	Article	Parents	An article written by an occupational therapist that explains brain basics and sensory triggers.
What is Hiding Behind the Big Behaviors?	Video	Parents	A video about understanding the feelings underneath children's behaviors, looking deeper at behavior and exploring past the surface in the direction of communication of emotional needs helps parents grow healthy children.
Connection	Video	Parents	An explanation of the importance of connection in understanding behavior, from the Circle of Security International.
Rethinking Challenging Kids – Where There's a Skill, There's a Way	Video		Challenging behavior exhibited by children and adolescents is a common concern and frustration for parents, teachers, and other helpers. In this talk, Dr. Stuart Ablon of Massachusetts General Hospital and Harvard Medical School will challenge the conventional wisdom about what causes challenging behavior and as a result what we should do to help.
ARC Reflections Parent Training	Training	Professionals	Because foster parents play a critical role in supporting children in foster care, who often have experienced trauma, the Casey Foundation developed ARC Reflections, a nine-session program

Title	Type of Resource	Audience	Description
			that child welfare agencies can use to train foster parents to better care for children who have had traumatic experiences.
Complex Trauma: Facts for Caregivers	Fact sheet		This fact sheet presents information that can help you recognize the signs and symptoms of complex trauma in your child and offers recommendations for what you can do to help your child heal.
What is Child Traumatic Stress?	Resource Guide		A two-page resource on trauma and traumatic stress from NCTSN.
Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress, and Trauma	Training	Professionals	Helps learners support children and families through the early years of a child's life. This course offers ways to create a trauma lens through which providers and parents can view and better support young children as they grow and learn. In these interactive lessons, learners will walk through concepts such as understanding a child's context, what attachment is, temperament and parenting style, trauma exposure in young children, mental health concerns, cultural considerations, and self-care tips. NCTSN

Facebook Groups and Online Magazines

Title	Type of Resource	Audience	Description
NewFound Families Support Group	Facebook group	Parents	An on-line chat community for NewFound Families members to receive support, information, and referral services.
Humans of Foster Care	Facebook group	Parents	A Facebook page featuring posts from the foster care community, including stories from foster parents, caseworkers and youth in care.
The Contented Child	Facebook Website	Parents	The Contented Child is a Kent (UK)-based company that offers parents and professionals a wide range of training, consultancy and resources-based packages on nurturing the whole child.
National Foster Parent Association	Facebook	Parents	The official Facebook page of the NFPA, a nonprofit dedicated to aiding foster parents in achieving safety, permanence and well-being for the children and youth in their care.

Rise	Website	Parents Professionals	A magazine written by parents who have personal experience navigating the child welfare system.
B the Change: VA Collaborative Problem Solvers	Facebook		Building community around the practice of Collaborative Problem Solving (CPS) and sharing resources available throughout the state of VA. This group is hosted by UMFS, and moderated by its staff who are certified trainers through Think:Kids Massachusetts General Hospital.

Sexual Abuse and Sexual Assault

Title	Type of Resource	Audience	Description
Caring For Kids: What Parents Need to Know About Sexual Abuse	Resource Guide	Parents	Provides parents and caregivers with tools to help them support children who have been victims of sexual abuse, information on the importance of talking to children and youth about body safety, and guidance on how to respond when children disclose sexual abuse.
Caring For Kids: What Parents Need to Know About Sexual Abuse	Resource Guide	Parents	Provides parents and caregivers with tools to help them support children who have been victims of sexual abuse, information on the importance of talking to children and youth about body safety, and guidance on how to respond when children disclose sexual abuse.
Teen Sexual Assault: Information for Parents	Resource Guide	Parents	Defines key terms, including consent and coercion, and offers guidance to parents related to dating violence and sexual assault. This fact sheet describes how common teen sexual assault is, how it relates to dating relationships, the roles drugs and the Internet can play in increasing risk, as well as provides tips for staying safe and what to do if your teen has experienced sexual assault.
Parenting a Child or Youth Who Has Been Sexually Abused: A Guide for Foster and Adoptive Parents (childwelfare.gov)	Fact Sheet	Parents	This factsheet discusses how you can help children and youth in your care by educating yourself about child sexual abuse, understanding the impact of the abuse, establishing guidelines for safety and privacy in your family, and seeking help if you need it. Available in Spanish.

Kinship Caregiving

Title	Type of Resource	Audience	Description
Grandparents Raising Grandchildren	Webpage	Parents	A webpage with targeted advice for grandparents who have stepped in to serve as the primary parent for their grandchildren.
Supporting Kinship Caregivers Through the Family First Prevention Services Act	Webpage	Professionals	A webpage with resources, including webinars, for professionals to support kinship care.
Working with Kinship Caregivers	Fact Sheet	Professionals	This bulletin highlights supports and services for kinship caregivers, training for caseworkers and caregivers, and examples of successful kinship care programs
Training Series: Coping with the Unique Challenges of Kinship Care	Training	Parents Professionals	A video training series for kin caregivers and the child welfare workers supporting them.

Other

Title	Type of Resource	Audience	Description
Staying Safe While Staying Connected: Tips for Caregivers	Resource Guide	Parents	Provides information to parents and caregivers about keeping children safe online. This fact sheet describes why sexting is not smart and how sexts can be used to hurt or bully. It offers tips for keeping youth safe when they are online, including privacy settings and protecting their identity. NCTSN
Social Media: Tips for Foster Parents and Caregivers (childwelfare.gov)	Fact Sheet	Parents	While social media has changed the way the world communicates, it has also created privacy and safety concerns. This page discusses the benefits of social media for children and youth in foster care and provides tips for parents and caregivers who want to help youth use social media safely. Advice for social media use by foster parents is also provided. Available in Spanish.

Supporting Your LGBTQ Youth: A Guide for Foster Parents (childwelfare.gov)	Fact Sheet	Parents Professionals	This factsheet was written to help families understand how to provide a safe, supportive, and affirming home for an LGBTQ+ youth in foster care. It discusses the unique risks they face and the important role that foster parents can play in reducing those risks.
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Safe and Sound

Created with support from the Dave Thomas Foundation for Adoption and Jockey Being Family, this series of resources is designed to help children who have experienced trauma and adversity, by helping their parents, caregivers, and other adults in their lives understand how that early trauma may have affected them. Each guide can be downloaded and shared to provide ideas for how to help children, and links to additional information and resources. You can find the main webpage on the American Academy of Pediatrics [here](#).

Title	Type of Resource	Audience	Description
A Guide for Parents	Guide	Parents	Parents are encouraged to read this guide first to get acclimated to the various resources within this series. This first guide explains how trauma can affect a child's development and behavior, and offers practical strategies for trauma-informed parenting that promote healing and make a family's day-to-day life less stressful.
Important Information to Share About My Child's History	Form	Parents	Parents can complete, print, and share this form with their child's pediatrician. It is important that their child's pediatrician be aware of the child's past experiences, so that they can understand any current struggles in light of those past traumas. This will allow the child's parents and pediatrician to work together to find resources that can support the family in caring for the child, as well as obtain evidence-based treatments for the child.
A Guide for Adults Involved in My Child's Life	Guide	Parents	Parents can share this 1-page guide with other adults involved in their child's life. This may include coaches, dance teachers, parents of the child's friends, etc. It can be helpful for these other adults to understand why a child might have certain fears or behavioral struggles, and understand helpful and unhelpful

			ways to respond. These adults can learn more and become allies for the child.
A Guide for Caseworkers	Guide	Professionals	This guide is specifically designed to help child welfare workers better understand the effects of early adversity and trauma on the children and youth they serve. When caseworkers better understand the emotional, developmental, and behavioral needs of the children and youth they serve, they are better equipped to help the caregivers and other adults in the lives of those children and youth understand and meet those needs. This guide can also be used for training and professional development.
A Guide for Early Education and Child Care Providers	Guide	Parents	Parents can share this resource with their child's early education and child care providers. Like the other guides, this guide explains how early adversity and trauma can affect young children and offers early education and child care providers specific ways they can help children heal. This guide can also be used for training and professional development.
A Guide for Teachers, Counselors, and Other School Professionals Working with School-Age Children and Youth	Guide	Parents	Parents can share this resource with their child's school and teachers. Like the other guides, this guide explains how early adversity and trauma can affect children and youth, and offers educators specific ways they can promote healing. This guide can also be used for training and professional development.

Books

Title	Author(s)
Wounded Children, Healing Homes	Jayne Schooler, Betsy Keefer Smalley, Timothy Callahan
Change-able: How Collaborative Problem-Solving Changes Lives at Home, at School, and at Work	J. Stuart Ablon
The Connected Parent	Karyn B. Purvis and Lisa Qualls
Strange Situation: A Mother's Journey into the Science of Attachment	Bethany Saltman

Title	Author(s)
No-Drama Discipline	Daniel J Siegel and Tina Payne Bryson
Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore	Kent Hoffman, Glen Cooper, and Bert Powell
The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety	Harold Koplewicz
Taking Charge of ADHD: The Complete Authoritative Guide for Parents	Russell A Barkley; fourth edition
Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child	Robert Brooks, Sam Goldstein
The Blessing of a Skinned Knee: Raising Self-Reliant Children	Wendy Mogel
The Connected Child	Karyn B. Purvis, David R. Cross and Wendy Lyons Sunshine
Understanding Children's Sexual Behaviors: What's Natural and Healthy	Toni Cavanagh Johnson, Allison Joe
Helping Children with Sexual Behavior Problems	Toni Cavanagh Johnson