EPISODE ONE

Welcome, welcome, welcome to the first episode of Coffee with Caregivers. Stop by for a conversation with Irene Clements, the Executive Director of the National Foster Parent Association. Get to know our host and start more significant conversations about good screen time and social media assistance, self-care without all the guilt, touch on the differences of foster care across state borders, and the uncertainty of it all.

Gayle from Santa Rosa, California: Are there any healthy or creative videos or screen ideas to work with teens while being sequestered?

- The Impact of Technology on Social and Emotional Well-Being Register Here

Pam from Morgantown, West Virginia: Self-care without so much guilt?

- Self-Care for Foster Parents
- 45 Simple Self-Care Practices for a Healthy Mind, Body, and Soul
- Self Care 101
- The importance of self-care (TED Playlist)

Jessica from Thomas, Oklahoma: How do foster care systems differ across the states?

- Access child welfare-related information by state on the Child Welfare Information Gateway
EPISODE TWO

Welcome caregivers, here we are again; we are ready for episode two of Coffee with Caregivers. Today we are chatting about the passion behind being a caregiver, my story and journey through adoption, foster care, and life of advocacy and what we can do to celebrate National Foster Care Month this May.

Given the pandemic, what is happening within the foster care system to utilize electronic means of communication, supervision, family time, training and support, court hearings, meetings, etc?

- Families in Limbo: Coronavirus Hobbles Reunifications from Foster Care
- COVID-19 Cuts Off Hawaii Parents From Kids In Foster Care
- ‘Such a big relief’: Amid pandemic, parents finalize adoption virtually via Zoom
- AZ agency allows virtual adoption and foster care process amid COVID-19

Lisa from Ashburn, Virginia: What can we do virtually to celebrate National Foster Month in May?

- National Foster Care Month 2020: Foster Care as a Support to Families, Not a Substitute for Parents
- National Foster Care Month 2020: Spread the Word
- Child Welfare Information Gateway on Facebook
- Center for States Webinar

EPISODE THREE

Welcome to episode three of Coffee with Caregivers. Today we are talking with Rhonda Sciortino about seven things you can do to survive tough times.

"Love isn't just a feeling. Feelings come and go, but the love within each of us that makes us our best selves is measured by the way we treat others. It's the actions you do for one another in your everyday life." - Rhonda Sciortino

You can read the full article on Rhonda.org at https://bit.ly/CoffeeWithRhonda

Free Book Offer:

Rhonda is graciously offering her book and workbook, "Succeed Because of What You've Been Through" for free, that's even free shipping. Visit Rhonda.org and use the code COVID.
EPISODE FOUR

Here we are again, Coffee with Caregivers has a fantastic guest today. Please help us welcome Arnie Eby, a foster parent, and the Executive Director at the Maryland Resource Parent Association. On today's episode, we will discuss National Foster Care month, dealing with children's behaviors when you work from home, and tips for helping little ones with transitions during these times of a lack of schedule consistency. Find out why Arnie says, "It's okay not to know."

- Maryland Resource Parent Association
- National Foster Care Month 2020, Foster Care as a Support to Families, Not a Substitute for Parents
- National Foster Parent Association Bracelets
- National Foster Parent Association Virtual Walk
- National Foster Parent Association Training Institute
- Sean of the South
- Tuesday in Minneapolis

EPISODE FIVE

Today we speak with a fantastic foster care advocate, Hope Cooper, with Foster CHAMPS. We are going to discuss a new letter to congress sharing the unique point of view of foster care and kinship parents about the impact of the COVID-19 pandemic on the lives of children and youth in foster care and their families.

CHAMPS is a national campaign to ensure bright futures for kids in foster care by promoting the highest quality parenting. CHAMPS builds on research that shows that loving, supportive families – whether birth, kin, foster, or adoptive – are critical to the healthy development of all children. To learn more about CHAMPS, visit fosteringchamps.org

- CHAMPS Letter to Congress
- CHAMPS Policy Tools and Resources
- Pandemic Electronic Benefits Transfer Program
- Cartoons

EPISODE SIX

In this episode of Coffee with Caregivers, we have the host of our Family to Family series on the NFPA Training Institute, Cate Hawks. We discuss the importance of the team working in tandem to support the entire family unit.
• **Family to Family Bundle Training**: Focusing on foster care as a support to families, not a substitute for parents. The NFPA Training Institute is excited to announce the highly popular Family to Family series presented by Cate Hawks, M.A. is now available at the [NFPA Training Institute](https://www.nfpa.org).

**EPISODE SEVEN**

Today we answer the questions surrounding how it is possible to keep recruiting foster, adoptive, and kinship families during this tough time. Special guests Margaret Doherty of the Connecticut Alliance of Foster and Adoptive Families and DeAnna Alonso of the Central Missouri Foster Care and Adoption Association discuss how their organizations are stepping up to support, train, and recruit families.

- Connecticut Alliance of Foster and Adoptive Families: CAFAF’s vision is that the citizens of Connecticut recognize that family life is a necessity for all children. The family creates the optimum environment for appropriate responses to a child’s developmental and specialized needs. We also envision that foster, adoptive, and kinship care families are of an adequate number, skill, and cultural diversity to assure high-quality care for all children. This knowledge, skill, and attitude will be transmitted through peer to peer empowerment. Learn more at [https://cafafct.org](https://cafafct.org)

- Central Missouri Foster Care and Adoption Association: The Central Missouri Foster Care and Adoption Association is a not for profit agency that educates, supports, and advocates for foster and adoptive children, youth and families in central Missouri by offering services and partnering with community and governmental agencies to develop healthy and self-sufficient individuals and families. Learn more at [https://mofosteradopt.com](https://mofosteradopt.com)

**EPISODE EIGHT**

Special guest Keith Mason, father, husband, and Director of Advocacy and Engagement with UnitedHealthcare Community & State, talks about how his family is managing life at home during this unusual stay-at-home time.

**EPISODE NINE**

National Reunification Month!

Today's conversation is with the incomparable Chauncey Strong. Mr. Strong is a child welfare advocate with more than 26 years of child welfare experience specializing in foster care and adoption. He is the Executive Director of Strong Training and Consulting, LLC, where he provides training and consulting throughout the country. Chauncey is a motivational speaker and a committed advocate for children and families. He has dedicated his career to helping improve the outcomes of children and families involved in the child welfare system.

- [Download the presentation](https://www.nfpa.org)
- [Nation Reunification Month with the American Bar Association](https://www.americanbar.org)
- [Strong Training and Consulting](https://www.strongtrainingandconsulting.com)
EPISODE TEN

Happy Pride Month!

In this episode of Coffee with Caregivers, we chat with Jennifer Townsend and Seth Middleton from FosterAdopt Connect. We talk about the crisis for LGBTQ youth in foster care and how foster and adoptive parents can ensure a safe, affirmative, and respectful home for youth.

Jennifer Townsend is the Director of Recruitment Programs at FosterAdopt Connect. Her focus is on placement children with relatives and securing permanency for youth in care. Jennifer was also the leader of FAC’s HRC Committee for the last several years and assisted in the organization reaching the highest level of HRC’s All Children-All Families Accreditation—The Innovator Tier. She and her wife are currently foster parents and recently adopted three children from care.

Seth Middleton is a family advocate at FosterAdopt Connect, working to empower people involved with the child welfare system. He is the chairperson of FAC’s HRC Committee, a team that is leading the way in inclusivity and diversity in regional child welfare agencies. Seth lives with his partner, their child, three cats, a dog, and a tortoise. He spends his free time cooking, hiking, and reading.

Resources:
- FosterAdopt Connect
- HRC Training
- #PrideInside
- PFLAG
- GLSEN

EPISODE ELEVEN

In this episode of Coffee with Caregivers, it's time to talk about teens with Maurita McCorkle from the Foster Family Alliance of North Carolina.

Without being adopted into a loving family, children grow up in the foster care system. Most people looking to adopt are trying to find an infant, toddler, or young child. Without adoption, teens "age out" of the foster care system, which means they turn into adults without parents to guide them.

By opening your home to teenage foster children in need, you can help provide teens with the necessary life skills they will need once they are out of the system.
EPISODE TWELVE

Join Irene Clements live on Facebook and YouTube for our season finale. A quick goodbye to this version of Coffee with Caregivers and insight on what the show looks like in August!

We want to share some information with you on COVID Tax Tip 2020-73 from the Internal Revenue Service.

- [COVID Tax Tip 2020-73 Returning an Economic Impact Payment](#)

And an updated from our wonderful partners at FosterCHAMPS.

- [CHAMPS Program Update](#)