

# YOUTH SERVICE BUREAU Foster Parent Quarterly

*This quarter's featured article comes from Psychology Today, which talks about how important it is to have good role models while growing up. You can find a summarization of the article on page two.*



## Foster Parent of the Quarter

Lam Le was nominated for foster parent of the quarter due to her strong support of returning the foster children to their biological mother. She kept communication with the mother open by sending pictures, updates, artwork and anything else her two daughters made.

Lam allowed the mother to call the home and talk to the girls, along with making an email address available to her. The biological mother was so grateful for Lam's support that she informed the courts about how supported she felt and that she did not lose her connection to her girls, nor did she ever feel threatened that anyone was withholding her daughters from her. Even the judge was impressed with this report regarding Lam!

Lam Le has been a child welfare professional for another agency since 2007. First, she was in Foster Care and now she works in Intact Family Services. She came to YSB to become a foster parent through recommendations from other professionals in the field. She has wanted to care for her own children and others' children ever since she was a child. She wants other children to know what it is like to have the love and security from safe, trustworthy adults.

She is kind hearted and a great listener. She engages children by getting down to their eye level and really listening to them. She knows and values the rules of DCFS yet does not forget to consider the feelings and desires of the children in the case.

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October 2018



“Like” the agency wide Facebook page or visit

our agency website at [www.ysbiv.org](http://www.ysbiv.org).

*If you would like to join our Foster Parent Facebook page please contact Kelley Lumpkin for an invite. She can be reached at [kelleyl@ysbiv.org](mailto:kelleyl@ysbiv.org)*



***Foster Parent of the Quarter continued...***

Despite her professional background, a praise report from the children's parent to the court is really impressive. It takes a lot of effort and work on the part of the foster parent (or relative caregiver). A relationship of trust needs to be built not just with the placed children but also with their parents. YSB is greatly pleased to have such hard working foster parents with our agency. Thank you Lam for being one of our dedicated foster family households!



## **WE ALL NEED ROLE MODELS TO MOTIVATE AND INSPIRE US**

***by: Susan Krauss Whitbourne Ph.D.***



Who do you most admire? A former teacher, a world leader, a neighbor, your boss? As adults, we tend to give little thought to the idea of having a “role model”, as we regard this to be a quality that children seek from adults in their lives. However, if you stop and consider who most influences you now, and why, you’ll no doubt agree that the people you admire now are giving you your most important life lessons.

Role models who uphold high ethical or moral values are typically not the people whose stories make it to the press or social media. We’ve all been exposed to public figures who might qualify as “anti” role models. Being bad is just plain sexier than being good. Unfortunately, because these are the public figures who get the most attention, it’s easy to lose your own moral compass and come to believe that you too will get more of what you want in life if you act out every once in a while.

A study done by Brown and Trevino reasoned that ethical leaders probably weren’t born that way nor did they dream it up themselves. Most of us don’t come equipped with a clear set of ethical standards on our own. We receive lessons from others, to a certain extent, but it’s more likely that we acquire our moral sense through vicarious processes. These researchers believed that one way people become ethical leaders is by having ethical role models when

they are young. The learning they receive as children becomes the foundation for being an ethical leader as an adult.

Mentors are also a source for learning to be ethical leaders. When they take us under their wing, or those who we work with side by side .



It makes sense that the older you are , the less effect your childhood role model will have on you. The more powerful role models will be the people you interact with on a daily basis.

Ethical adults may shape your character as a young person, but the more you're out in the world, the more likely it is that your current role models will be the ones to shape your attitudes.

One of the inspiring messages from the Brown and Trevino study is that the people who actually prefer to have ethical leaders. When you play fair, communicate directly, and in general demonstrate that you hold high standards, other people actually do look up to you. If for no other reason than to be liked and respected, taking the moral high ground may be the one that ultimately benefits you as well as those who look up to you as their inspiration.

## STROLL ON STATE

Once again, Youth Service Bureau of Illinois Valley will be participating in **Stroll on State** held in Rockford on Saturday, November 24, 2018. We will be building a float and handing out items during the parade. Last year we received many compliments from the community for participating.

If you would be interested in helping with the float or walking alongside the float (which is a short distance across the bridge) please notify **Ann at 815-316-1969**. For more information see <https://www.gorockford.com/stroll-on-state>

## FALL HARVEST

I'm sure everyone had a very busy summer. Now that fall is upon us and school has started, let's talk about our self-care. **What is self-care?** Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.

It is important to find ways to get out of the house, especially with colder weather coming

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## Resources

### **Sensory Integration Disorder**

CHASIS,  
424 7th St.  
Rockford, IL 61104  
Wednesday,  
October 17, 2018  
6:00 to 7:30 p.m.

### **Crowns of Beauty: African American Hair and Skin Care 101**

DeKalb Public Library,  
Bilder Family Meeting  
Room  
309 Oak St.  
DeKalb, IL 60115  
Saturday, November 3,  
2018  
10:00 a.m. to 12:00 p.m.  
R.S.V.P.: Tasha Curry,  
C.W.S. Community Pre-  
senter  
630-820-6303, Ext. 107

### **Recruiting:**

*If you know someone  
who might want to be a  
foster parent, please call  
**Kelley Lumpkin** at  
**630-820-6303 ext 114.***

*Do you know anyone in-  
terested in an Informa-  
tional meeting about fos-  
tering? Possibly a church  
group, social group or just  
a group of friends to learn  
more about foster care ?  
**Call Tasha Curry** at  
**630-820-6303 ext. 107***

### **Fall Harvest continued...**

soon. Check the newspapers and websites for events in your local area. Fall season brings orchards, pumpkin farms and corn mazes for all ages. See what you can do to continue to teach and lead the kids in having fun in their lives by having fun yourself.

## SAFETY NEEDS AND OTHER NEEDS

Safety is a high priority during the cooler months. Party lights and candles are used more frequently and therefore, fire hazards become prevalent. Keep an eye out for faulty wiring on the holiday/party lights. Watch where holiday décor is in comparison to candles and lit fireplaces. Practice the fire escape plan and test those detectors (both smoke and carbon monoxide). Remember that **October is Fire Prevention Month**. As one particular fire department suggests, the 10 year detectors should be rotated out for new detectors closer to 8 years. How old are your detectors?

When outdoors and/or traveling in the car, do you have plenty of clothing layers to match the cold index? Do you have the needed safety gear in your car, or a backpack that will travel with you? Do you have a small shovel or other digging device, salt or sand, etc. in case you get stuck in the snow? Does the backpack/travel bag have snacks, water, electronic devices to reach out for help? Have fun in your travels, but please be safe.

Other needs include new or different clothing and more school supplies as the kids grow quickly. Please contact your caseworker and/or license worker for such needs. YSB has school supplies and some limited amounts of clothing in several sizes. These items are better being used by you and the kids than sitting around our offices. Again please talk to YSB staff to learn what is available for you to obtain on behalf of the children.

