



Benchmark Family Services

Therapeutic Foster Care

I'm a great believer in luck, and I find the harder I work the more I have of it.

-Thomas Jefferson

Spring is here and St. Patrick's Day is right around the corner, but there's another reason to celebrate in March! It's Social Worker Appreciation Month, and we want to give a huge shoutout to all the hardworking social workers out there. Your compassion, dedication, and tireless efforts to help others do not go unnoticed.

Foster parents, we see you and we know how hard you're working to care for the children in your home while juggling everything else. That's why we've got some awesome self-care tips below just for you! Don't forget to take a little break and do something just for YOU!

[Visit our Website](#)

Drop-By Friday Update!

We wanted to inform you that there may be a change of the day for our Drop By events to better accommodate your schedules. Moving forward, the day and time will be determined by your regional Benchmark office, and they will notify you of the new day and time - if one has been selected.

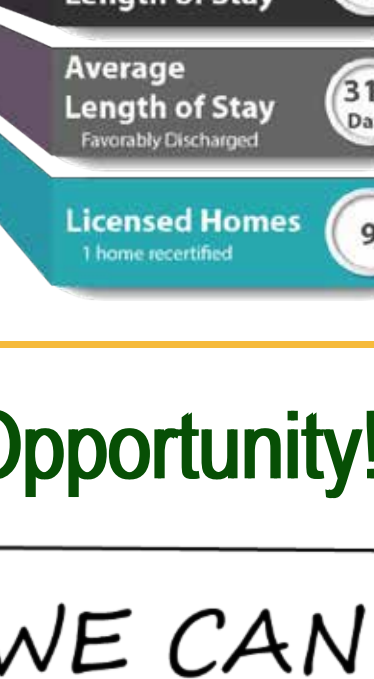
We understand that everyone has different schedules, and we want to make sure that our Drop By events are accessible to as many of you as possible. By selecting a day that works best for your region, we hope to ensure that you can take advantage of this opportunity to build relationships with our staff and other foster parents.

As a reminder, the Drop By events are a great way to enjoy refreshments and snacks with our staff, get to know other foster parents, and build connections within our community. Children are always welcome, and we encourage you to stop by with your family and friends.

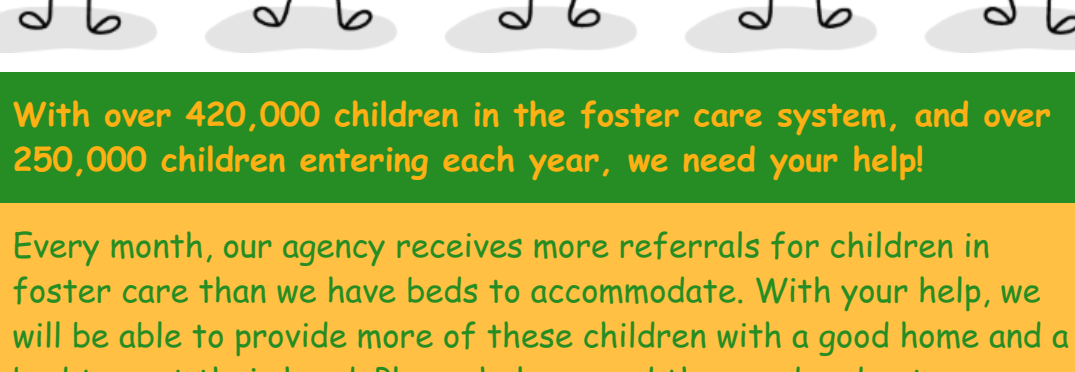
Thank you for your continued support

Special Dates

- 3/8 - Int'l Women's Day
- 3/12 - Plant a Flower Day
- 3/14 - Nat'l Pi Day (3.14)
- 3/17 - St. Patrick's Day
- 3/20 - First Day of Spring
- 3/31 - Crayon Day



Program Outcomes



Referral Bonus Opportunity!

TOGETHER WE CAN MAKE A DIFFERENCE



With over 420,000 children in the foster care system, and over 250,000 children entering each year, we need your help!

Every month, our agency receives more referrals for children in foster care than we have beds to accommodate. With your help, we will be able to provide more of these children with a good home and a bed to rest their head. Please help spread the word and get your friends and family involved in our mission. Remember, if you are currently a foster parent with us and you successfully refer a new foster parent to our agency, you will receive a referral bonus. Please reach out to your regional office for more information!

Social Worker Awareness Month

Social Worker Awareness Month is here, and it's time to celebrate the amazing work that social workers do in our communities. These dedicated and compassionate professionals work tirelessly to help individuals, families, and communities overcome challenges and achieve their goals. So, how can we all get in on the celebration and show our support for social work?

1. Show some love on social media!

In today's digital age, social media is a powerful tool for spreading awareness and positivity. Use hashtags like #SocialWorkMonth, #SocialWorkersRock, and #ThankASocialWorker to show your support and appreciation for social workers. Share inspiring stories and quotes from social workers or share a photo of a social worker you know with a heartfelt message of thanks.

2. Host a social worker appreciation event

Gather your friends, family, and colleagues and plan a social worker appreciation event! It can be as simple as a potluck dinner or a picnic in the park, or as elaborate as a fundraising gala. Invite social workers you know or those in your community to attend, and take some time to recognize and celebrate their contributions to society.

3. Donate to a social work organization

Many social work organizations rely on donations to support their programs and services. Show your support by making a donation to a social work organization in your area or a national organization that supports social work. Your donation can help provide much-needed resources and support to social workers and the people they serve.

4. Write a letter of appreciation

Sometimes a simple thank you can go a long way in showing your support and gratitude. Take the time to write a heartfelt letter or card to a social worker you know, thanking them for their hard work and dedication. It's a small gesture that can make a big difference.

5. Volunteer your time

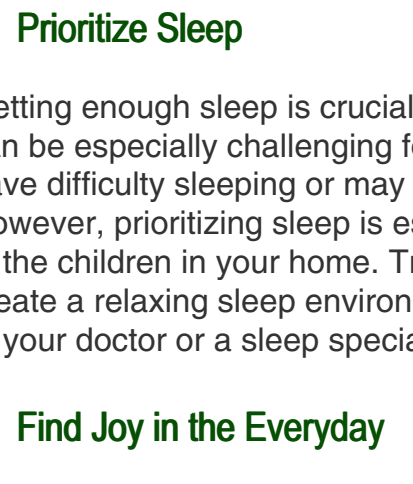
Volunteering your time is another great way to support social workers and the people they serve. Look for opportunities to volunteer with local social work organizations or programs. You might be able to help with fundraising, outreach, or direct service provision. Whatever your skills and interests, there's sure to be a way for you to get involved and make a positive impact.

6. Spread positivity and kindness

Last but not least, let's all commit to spreading positivity and kindness every day. Social workers work hard to make our communities better, and we can all do our part to support them by being kind, compassionate, and supportive. A smile, a kind word, or a small act of kindness can go a long way in brightening someone's day and making the world a better place.

Social Worker Awareness Month is an opportunity for all of us to come together and celebrate the incredible work that social workers do. By showing our support, spreading positivity, and giving lives to those around us. So, let's get out there and celebrate social workers and all the amazing things they do!

Mark Your Calendar!



Don't miss out on training opportunities or any of your office's upcoming events! Just click the link below to go to our website and find your local office!

[View Calendar](#)

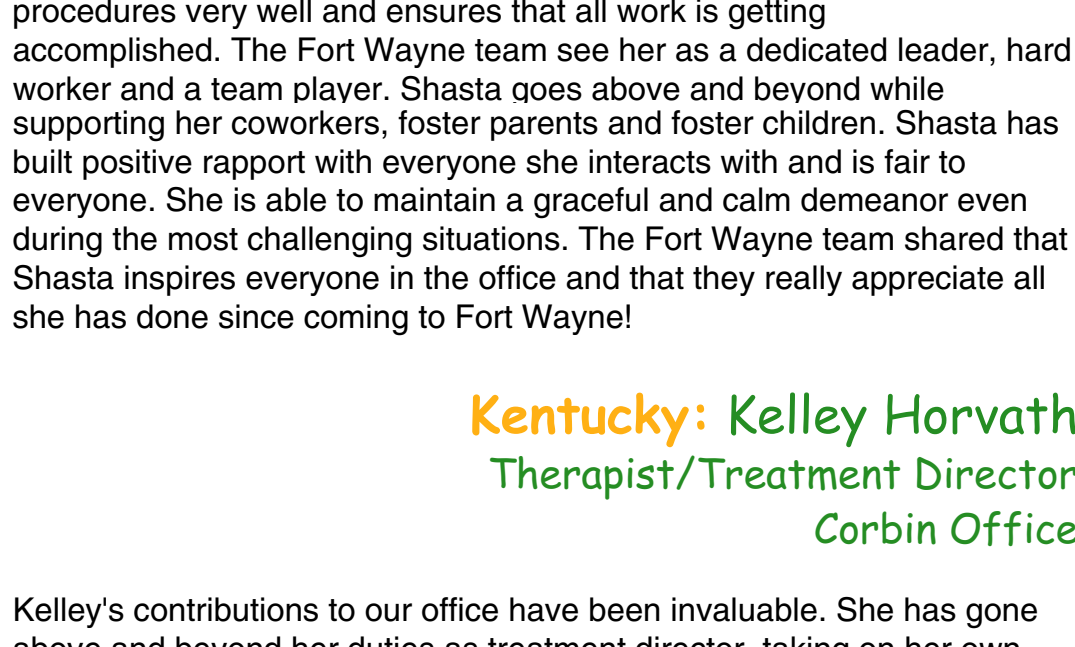
Virtual Training Opportunities

Our virtual training sessions are live webinars, and count toward your face-to-face training hours for the year. We added all virtual training opportunities for the year to our website. Click here to easily find and sign up for the courses that are most convenient for you!

March

- 3/16: Benchmark Culture
- 3/25: Autism and Sensory Processing

5 Essential Self-Care Tips for Foster Parents: Finding Balance and Joy in the Journey



Being a foster parent is one of the most rewarding experiences a person can have. However, it is also a job that requires a great deal of physical, emotional, and mental energy. Foster parents have a lot on their plates, and it's important for them to take care of themselves too. Here are five self-care tips for foster parents:

1. Take Time for Yourself

Foster parenting can be all-consuming, and it's easy to lose track of your own needs. It's important to take time for yourself and prioritize self-care. Whether it's reading a book, going for a walk, or taking a relaxing bath, find an activity that helps you unwind and make it a part of your regular routine. It's not selfish to take care of yourself; it's necessary for your own well-being and the well-being of your foster children.

2. Build a Support System

Fostering can be challenging, and it's important to have a strong support system in place. This can include family members, friends, other foster parents, or support groups. Having people who understand the unique challenges of foster parenting can be invaluable. Don't be afraid to ask for help when you need it, and don't feel guilty for taking advantage of the resources available to you.

3. Practice Mindfulness

Mindfulness is a practice that involves being present in the moment and paying attention to your thoughts and feelings without judgment. It can be a powerful tool for managing stress and improving overall well-being. There are many ways to practice mindfulness, including meditation, deep breathing, and yoga. Even just taking a few minutes each day to focus on your breathing can help you feel more centered and calm.

4. Prioritize Sleep

Getting enough sleep is crucial for overall health and well-being, but it can be especially challenging for foster parents. Foster children may have difficulty sleeping or may require extra attention during the night. However, prioritizing sleep is essential for your own health and the health of the children in your home. Try to establish a regular sleep routine and create a relaxing sleep environment. If you're having trouble sleeping, talk to your doctor or a sleep specialist.

5. Find Joy in the Everyday

Foster parenting can be stressful and challenging, but it can also be incredibly rewarding. It's important to find joy in the everyday moments with the kiddos. Whether it's playing a game, going for a walk, or having a family dinner, take time to appreciate the small things. Celebrate your successes, no matter how small, and focus on the positive aspects of your role as a foster parent.

Being a therapeutic foster parent is a rewarding but challenging role that requires a great deal of physical, emotional, and mental energy. By taking time for yourself, building a support system, practicing mindfulness, prioritizing sleep, and finding joy in the everyday moments, you can improve your own well-being and provide the best possible care for the children in your home. Remember, self-care isn't selfish - it's essential for being the best foster parent you can be.

Employee of the Month

Indiana: Shasta Holt

Regional Director

Fort Wayne Office

Shasta has been the Regional Director in the Fort Wayne Office for just a few months after moving from the Crawfordsville office. During the short amount of time that she has served, Shasta has demonstrated high quality work ethic and has exhibited an extreme amount of diligent work and effort in the Fort Wayne office. Shasta follows policies and procedures very well and ensures that all work is getting accomplished. The Fort Wayne team see her as a dedicated leader, hard worker and a team player. Shasta goes above and beyond while supporting her coworkers, foster parents and foster children. Shasta has built positive rapport with everyone she interacts with and is fair to everyone. She is able to maintain a graceful and calm demeanor even during the most challenging situations. The Fort Wayne team shared that Shasta inspires everyone in the office and that they really appreciate all she has done since coming to Fort Wayne!

Kentucky: Kelley Horvath

Therapist/Treatment Director

Corbin Office

Kelley's contributions to our office have been invaluable. She has gone above and beyond her duties as treatment director, taking on her own caseload and providing therapy to her clients with unwavering dedication. Despite the added workload, Kelley has not compromised on the quality of her work and has consistently demonstrated exceptional professionalism. In addition, with the recent influx of new staff members, Kelley has been instrumental in guiding them and helping them adjust to their new roles. Her patience and willingness to go the extra mile have been instrumental in ensuring that our team is well-equipped to provide the best possible service to our clients. The Corbin office just would not be what we are without Kelley.

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