



**Benchmark
Family Services**
Therapeutic Foster Care



Labor Day

"Hard work beats talent when talent doesn't work hard."

— **Tim Notke**

It's time to wave goodbye to summer and give a warm welcome to fall! Get ready for some awesome stuff like football games, cozy bonfires, and that pleasantly cooler breeze. We hope you're as pumped as we are!

Guess what? September not only kicks off the fall season, but it's also all about Self-Improvement Month. Taking care of ourselves is a big deal, and part of that is working on becoming an even better version of us. So, how about keeping the good vibes rolling by making little improvements every month? Don't stress if you're not sure where to begin. We've got your back with some super helpful tips to kickstart your self-improvement adventure!

[Visit our website](#)

DID YOU KNOW?

MYTH

Foster Parents can't have pets.

FACT

Many foster parents have pets. All domesticated animals must have proof of current Rabies Vaccination. Many foster children respond well to pets. Pets can be a source of comfort and affection to a child who has been hurt or abused.

BenchmarkFamilyServices.org

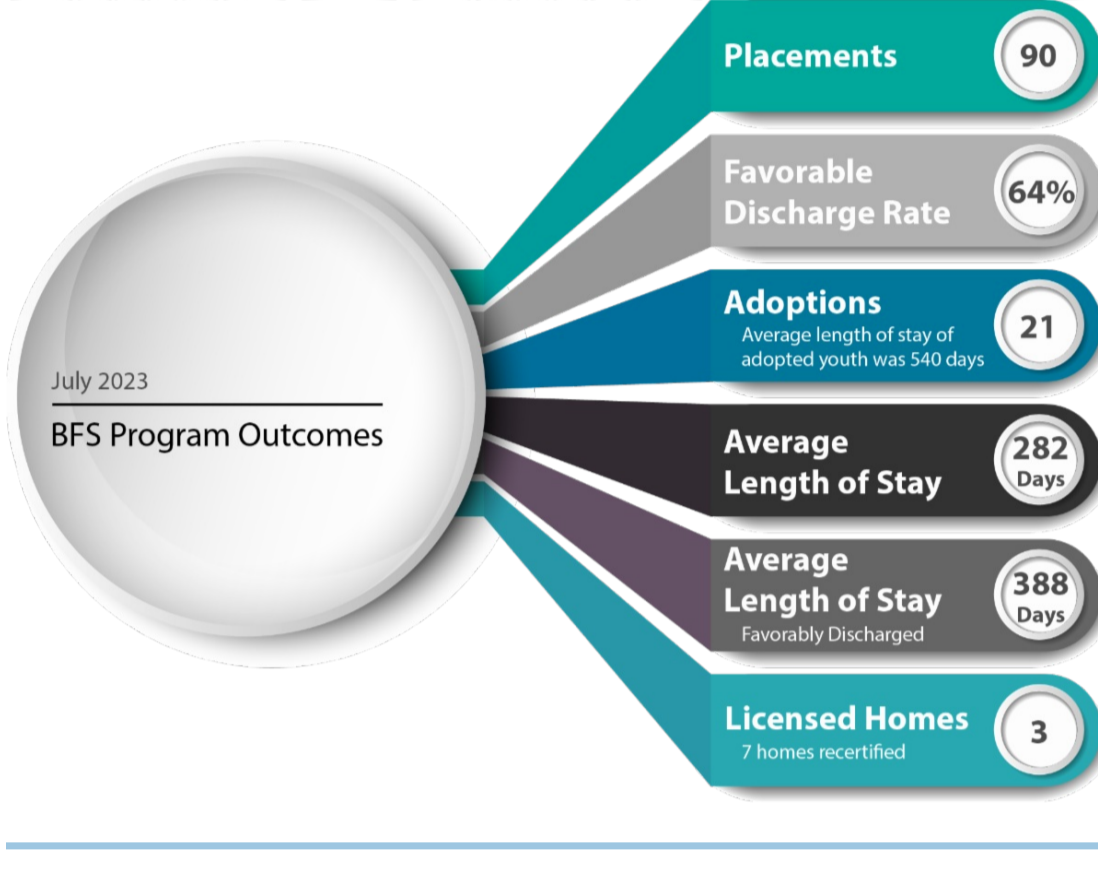
Special Dates

September

- 11th:** Patriot Day
- 13th:** Positive Thinking Day
- 21st:** World Gratitude Day
- 23rd:** Autumnal Equinox
(Beginning of Fall)



Program Outcomes



Mark Your Calendar



Virtual Training

Our virtual training sessions are live webinars and count toward your face-to-face hours for the year. We have compiled all virtual training sessions into one calendar, so [click here](#) to easily find and sign up for the courses that are most convenient for you!

September Virtual Training

(Click training for registration page)

9/21: [Self Care for Foster Parents](#)

9/23: [Life Books](#)

October Virtual Training

(Click training for registration page)

10/5: [Child Problem Behaviors and Attachment](#)

10/17: [Appropriate Discipline](#)

10/28: [Effects of Childhood Trauma](#)

Nurturing Both Hearts: A Guide to Self-Care for Foster Parents

Foster parenting is a deeply rewarding journey that offers love, support, and stability to children in need. As you provide a nurturing environment for these young lives, it's important to remember that taking care of yourself enhances your ability to create a positive impact. In this article, we'll share some valuable self-care tips that will not only help you thrive as a foster parent but also emphasize the joy and fulfillment that come with the role.

Embrace Connection: Foster parenting is your chance to forge strong connections, with the children in your care and with fellow foster parents. Share experiences, celebrate successes, and lean on one another for support. Building these relationships can make your journey smoother and more enjoyable.

Find Joy in Everyday Moments: Focus on the little things that bring happiness to your day. A child's laughter, a shared meal, or a simple adventure can remind you of the incredible positive impact you're making.

Celebrate Progress: Acknowledge the milestones, no matter how small. Each step forward, whether it's a child's improved behavior or a newfound trust, is a reason to celebrate the positive changes you're helping to create.

Make Self-Care a Family Affair: Involve your foster children in your self-care routine. Engage in activities that bring you joy and invite them to participate. This not only promotes bonding but also sets an example of the importance of taking care of oneself.

Discover New Adventures Together: Explore your surroundings with the children in your care. Discovering new places, trying new foods, and experiencing novel activities can foster a sense of curiosity and excitement for everyone involved.

Prioritize Playtime: Engage in play and creative activities with your foster children. Not only does this strengthen your bond, but it also offers an opportunity to let go, have fun, and see the world through the eyes of a child.

Cultivate Resilience Through Mindfulness: Practice mindfulness as a family. Engage in short mindfulness exercises or gratitude practices to create an atmosphere of calm, promote emotional resilience, and enhance the overall well-being of everyone in your household.

Take Advantage of Support Services: Utilize available support services without hesitation. These resources are designed to make your journey smoother and more enjoyable, allowing you to focus on creating positive memories with your foster children.

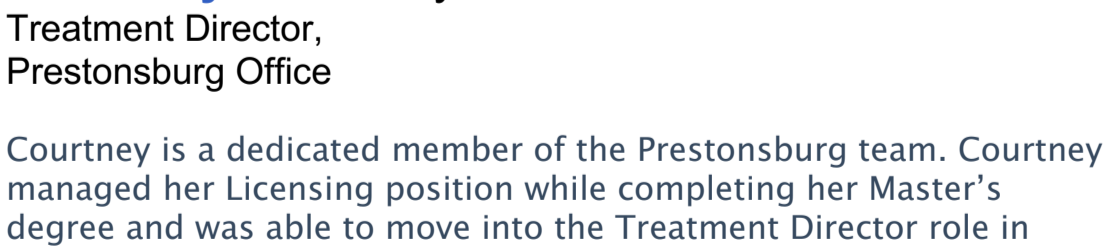
Capture Moments of Joy: Document the heartwarming moments you share with your foster children through photographs or journaling. Reflecting on these moments can serve as a powerful reminder of the happiness you're creating together. Not to mention, a great opportunity to add to a child's Lifebook.

Be Kind to Yourself: Remember that fostering is a learning experience for both you and the children in your care. Approach challenges with patience and kindness, recognizing that growth happens over time.

Foster parenting is challenging, but is also a beautiful and transformative journey that brings joy, love, and growth to your life and the lives of the children you welcome into your home. By embracing self-care practices that align with the positive aspects of foster parenting, you can foster a nurturing environment that nurtures both your own well-being and the well-being of the children in your care. As you focus on the joy and fulfillment this role brings, you'll find that your self-care routine naturally becomes a cherished part of your journey.

Referral Bonus Opportunity

TOGETHER WE CAN MAKE A DIFFERENCE



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!

Employee of the Month

Kentucky: Courtney Salvito

Treatment Director,
Prestonsburg Office

Courtney is a dedicated member of the Prestonsburg team. Courtney managed her Licensing position while completing her Master's degree and was able to move into the Treatment Director role in August which has been vacant for years in Prestonsburg. Courtney has been balancing multiple roles in the office while keeping a positive attitude. Courtney has assisted with after hour emergencies, and she has gone into the on-call rotation to relieve other staff members. Courtney has built a positive relationship with foster parents and is a favorite among the kids in our office. Courtney is such a valued employee for all of Benchmark!

Indiana: Ariel Brewer

Senior Therapeutic Support Specialist,
Muncie/Anderson Office

Ariel has been with Benchmark Family Services in the Anderson office since January 2019. She utilizes the flexible STSS schedule to make being a working mother to two beautiful girls look easy. She also goes above and beyond what is expected. As her supervisor, Ariel already has the answer to any question or concern I have about her clients and families. Ariel is a huge team player and never says no to stepping in as a STSS. She has recently shown great effort in helping our foster families succeed by offering extra one-one-one training to help satisfy their licensing requirements. When Ariel is on-call, I know our families are going to be supported through crises. Ariel looks ahead on her work schedule and takes on meaningful tasks before ever being asked to do so. The foster families she serves appreciate her efficient work and relaxed personality. As working in the field can bring stress to both staff and foster families, Ariel brings calm to the storm. We appreciate Ariel for her easy-going, yet hard-working demeanor here in the Anderson office. She is invaluable!

