



Inherent Strengths of Kinship Care

Training Series
September 2022

Control the Size of What You See

The screenshot displays a Zoom meeting interface. At the top, a green status bar reads "You are viewing Speaker's screen" and "View Options". The main content area shows a slide with two images: an elderly woman smiling at a young girl, and a close-up of an elderly hand holding a child's hand. The slide title is "Inherent Strengths of Kinship Care" and the subtitle is "Training Series September 2022". On the right side of the interface, a "Speaker" label with a red arrow points to the audio controls.

You are viewing Speaker's screen View Options

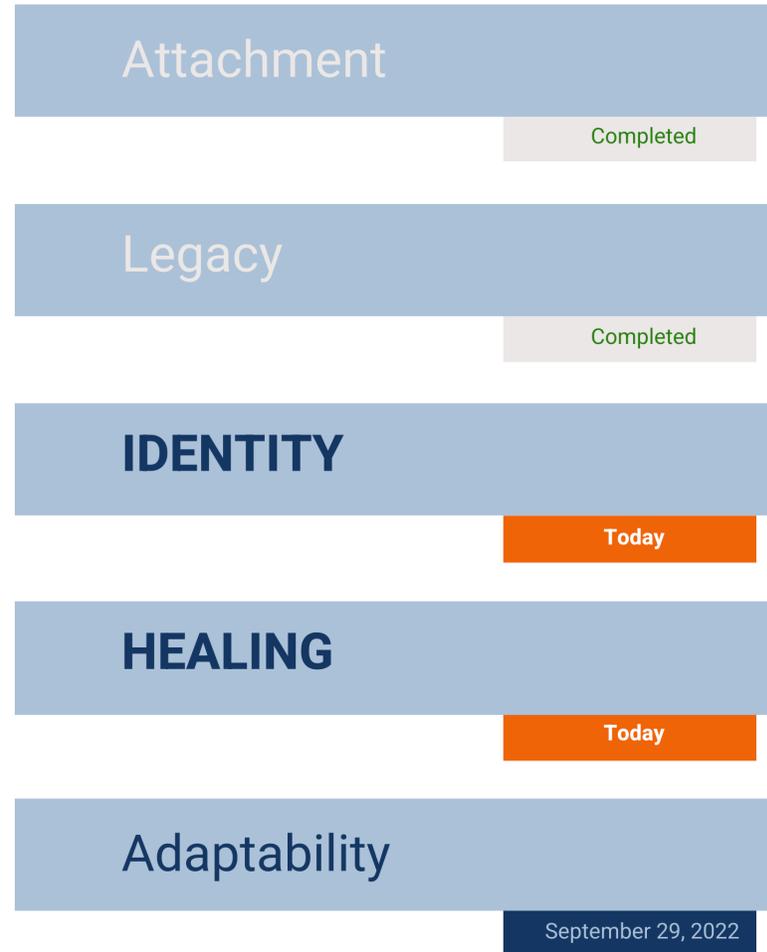
View

Speaker

Inherent Strengths of Kinship Care

Training Series
September 2022

Inherent Strengths in Kinship Families



Module 3: IDENTITY

Inherent Strengths of Kinship Care



Identity in Kinship Care

Learning Objectives:

Define and highlight the importance of Identity Formation/Development

Explain why Kinship Families have a significant impact on Identity Formation

Describe how to impact the development of Positive Identity

How to help in the development of identities that disrupt family cycles

Definition

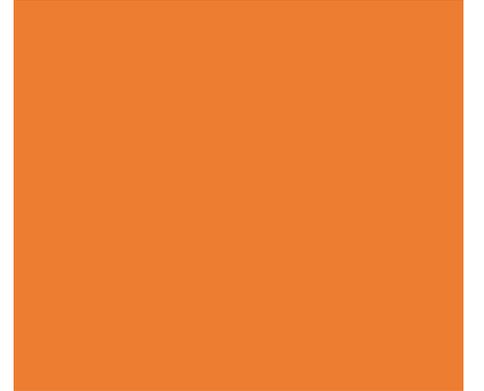
IDENTITY

Identity encompasses the memories, experiences, relationships, and values that create one's sense of self. **Identity formation** or development is a process during which a person develops a self-concept of their unique values, qualities, and characteristics as an individual and in relationship to others.

Major sources for identity formation and development are:

1. Individual and personal experiences
2. Family identity, experiences and relationships
3. Culture
4. Community, social and environmental interactions and opportunities

Impact of Identity



☐ Identity impacts and can determine:

- Self-confidence/worth
- Personal goals/Purpose
- Level of motivation/determination (drive)
- Commitment to self and others
- Resilience (ability to handle challenges and disappointments)
- Fortitude (tolerance for frustration)
- Values/Principles that can dictate choices
- Opportunities/Rights/Resources/Privileges/Entitlements
- Safety

Why Kinship Families Have A Significant Impact on Identity Formation and Development

1. Kinship families are a primary source of information about:

- Child's personal history (What was I like :birth, residence, quality of life)
- Parents' history and identity(What were they like: talents, achievements)
- Family history and identity (What were we like: accomplishments, values, challenges)
- Community and society history(What was society like: politics, economics, school systems, safety, inequities, opportunities)

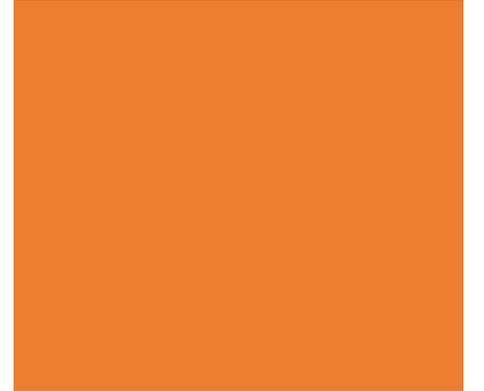


Why Kinship Families Have A Significant Impact on Identity Formation and Development

2. Credibility: because of personal contact and experience as a primary source (access to first-hand information)
3. Family and kin as initial “mirror” and answer to question “ Who am I like and who can I be”
 - Attachment with kin as a surrogate or role model resulting in emulation out of admiration, respect and loyalty. Child is likely to use caregiver as the “mirror” because caregiver is kin/family.



Kinship Family Role In Identify Formation and Development



□ The Kinship Family's Role In Identity Formation and Development is to assist their youth in:

1. Discovering and developing their potential and talents.
2. Choosing their purpose, values and goals and in life.
3. Finding opportunities to exercise that potential and purpose.

How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles

| Approach | Scripts |
|--|--|
| Avoid recreating the monster and repeating self-fulfilling prophecies | “Don’t think you can’t help but turn out like your parents.” “Don’t believe everything you hear about me, your family and parents.” |



How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles

| Approach | Scripts |
|---|---|
| Differentiate the quality of the person from their actions (where appropriate) | <p>“Your parents love you and had the best intentions. Unfortunately, they made poor choices and decisions.”</p> <p>“Sometimes good people can make poor choices. But they still must live with and be held responsible for the consequences of their decisions.”</p> |



How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles

| Approach | Scripts |
|---|---|
| Make sure the child doesn't think that not living with their parents or relatives makes them less than their friends | "You're just as important in our family and loved just as much as any of your friends who are living with their parents. It's not your fault that you're not living with your parents." |



How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles



| Approach | Scripts |
|---|---|
| Explain how they are similar but different from family and parents | <p>“You may have similar skills, talents, traits or challenges similar to your parents or families, but your decisions about how you use your talents and respond to similar situations makes you different.”</p> <p>“Your goals and values also make you different from your parents.”</p> <p>“It’s your goals and values that will make your choices and life different from your parents.”</p> |



How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles



| Approach | Scripts |
|--|---|
| Identify alternative choices and decisions that can make a difference | “Your dad was pressured to demonstrate he was a man by having indiscriminate or unprotected sex. The hard choice was to say no. But if you can say no, then you won’t be a teen dad like your father was, and you’ll then be free to enjoy your teenage years.” |



How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles



| Approach | Scripts |
|---|--|
| Anticipate situations that children may confront and brainstorm a proactive plan | “Let’s make a plan in case you’re suddenly surrounded by drugs or guns.” |



How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles

| Approach | Scripts |
|--|--|
| Develop an action plan for a crisis or when poor decisions have been made | “If you’re in a dangerous situation text me this code or call. I will come or send someone. No explanations needed when you call. No questions asked until later.” |

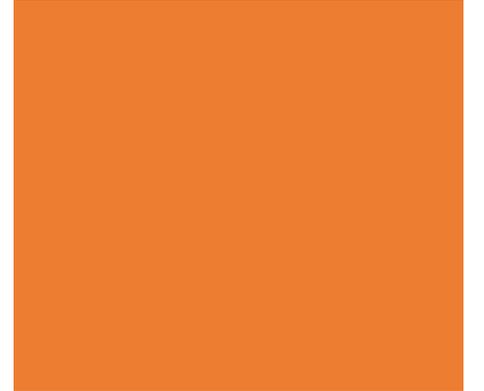


How to Help Develop Positive Identities and Disrupt Destructive and Damaging Cycles

| Approach | Scripts |
|--|---|
| Share fond and positive memories they have of their parents | “I remember when we...” “We had fun when...” “I used to like when your mom..” |



Kinship Caregivers Are Role Models



□ As a role model, Kinship Caregivers can share:

1. What your personality and identity was like that lead to your accomplishments, goals, drive, and motivation.
2. What challenges did you experience.
3. How you overcame the challenges.
4. How did you beat the odds that were against you while others didn't. What was different about you?

Summary



Summary

□ Why Kinship Families Have A Significant Impact on Identity Formation and Development

1. A primary source of information about:
 - Child's personal history (What was I like :birth, residence, quality of life)
 - Parents' history and identity(What were they like: talents, achievements, values)
 - Family history and identity (What were we like: accomplishments, challenges, values)
 - Community and society history(What was society like: politics, economics, school systems, safety, inequities, opportunities)
2. Credibility: because of personal contact and experience as a primary source (first-hand information)
3. Family and kin as initial “mirror” and answer to question “ Who am I like and can be”. Attachment with kin as a surrogate or role model resulting in emulation out of admiration, respect and loyalty. Child is likely to use caregiver as a mirror because the caregiver is family/kin.



Summary

- The Kinship Family's role in Identity Formation and Development is to assist their youth in:
 1. Discovering and developing their potential and talents
 2. Choosing one's purpose, values and goals and in life
 3. Finding opportunities to exercise that potential and purpose.



Summary

- ❑ How to help develop Positive Identities and disrupt destructive/damaging cycles using a combination of the following approaches:
 - Avoid recreating the monster and repeating self- fulfilling prophecies
 - Differentiate the quality of the person from their actions (when appropriate)
 - Make sure the child doesn't think that not living with their parents or living with a relative makes them any less than children living with their parents
 - Offer reasons why the outcomes in the child's life can be different from their parents or other members in the family
 - Explain how the child is similar and yet different from their parents or other family members
 - Identify alternative choices and decisions that can make life altering differences
 - Anticipate situations they may confront and brainstorm proactive plans
 - Develop action plans for a crisis or when poor decisions have been made
 - Share fond and positive memories you have of their parents



Summary

□ As a Role Model share:

1. What your personality and identity was like that lead to your accomplishments, goals, drive, and motivation.
2. What challenges did you experience.
3. How you overcame the challenges.
4. How you beat the odds that were against you while others didn't. What was different about you?





Question & Answer

Module 4: HEALING

Inherent Strengths of Kinship Care



Healing in Kinship Care

Learning Objectives:

Identify the emotions and feelings from which children are recovering and healing

Explain why relatives and kin can be more effective in the recovery and healing process

Develop approaches in assisting children to heal and be resilient while in kinship care

The Feelings and Emotions the Children are Experiencing



- Loss
- Shock/Disbelieve
- Grief/Sorrow
- Anger/Resentment
- Shame/Embarrassment
- Guilt/Responsibility
- Regret/Mourning
- Mistrust/Apprehension
- Uncertainty/Instability/Confusion
- Isolation/Loneliness

Sources of These Feelings and Emotions



☐ Traumatic Experiences (abuse, neglect, separations)

- Reasons for not living with parents (Shame)
- Feeling different from other children (Low-Self esteem)
- Living in Kinship Care (Embarrassment)
- Feeling Triangulated/"Caught in the middle" (Confusion)
- Conflicting Feelings (Love/Anger)
- Split Loyalties
- Disclosure (How do I explain to others/friends/schoolmates)
- Developmental Issues (childhood/adolescence/adulthood)

Why Kinship Care (relatives and kin) are Effective:



- **Credibility with the youth**: because the youth believes you share feelings *similar* to them about their birth parents and reasons for kinship care. “ I can partially understand how you feel about why you’re living with me”” I also have feelings about your parents as well, because I knew your father as my son (or brother/friend) before you knew him as your Dad”
- **Role-Model** : an example of resilience and how to manage and cope with those feeling and emotions as kin and a relative
- **Bonding**: it’s the sharing and of similar feelings, emotions and ways of coping, that unites and binds the relationship and attachment between the youth and kin

Methods of Impacting the Child or Youth's Healing and Recovery Process

| Approach | Scripts |
|--|--|
| Validate, Normalize and Label the Emotions and Feelings | “Your feelings are normal, given what you’re going through. What you’re feeling is (ie anger, shock) is ok.” |



Methods of Impacting the Child or Youth's Healing and Recovery Process



| Approach | Scripts |
|-----------------------------------|---|
| Use Yourself as an Example | "I felt that way too when I heard what happened." |



Methods of Impacting the Child or Youth's Healing and Recovery Process

| Approach | Scripts |
|--|--|
| Give Permission for the Child to Feel without being Judged. | <p data-bbox="596 829 1750 943">“It’s OK to express your feelings. You can’t help how you feel.”</p> <p data-bbox="596 1019 1166 1072">You don’t want to say...</p> <p data-bbox="596 1148 1633 1200">”You shouldn’t be angry with your parents.”</p> <p data-bbox="596 1276 1518 1329">“Children should forgive their parents.”</p> |



Methods of Impacting the Child or Youth's Healing and Recovery Process

| Approach | Scripts |
|--|---|
| Provide Appropriate Ways of Expressing those Feelings and Emotion | “Let’s think of ways that are useful to you for expressing how you feel that won’t hurt you or aren’t damaging to the people or things around you.” |



Methods of Impacting the Child or Youth's Healing and Recovery Process

| Approach | Scripts |
|---|--|
| How and Who Deserves Explanations about their Living Situation | “Let’s talk about how we’re going to explain why you’re living with me and not with your parents or where your parents are. Please let me know when you might feel embarrassed about living with me and not living with your parents or siblings.” |



Methods of Impacting the Child or Youths Healing and Recovery Process

| Approach | Scripts |
|--|---|
| De-Triangulate the Child. Allow them their loyalty to their parents without being afraid of losing yours. | <p>“It’s ok to still love your parents, even though I know you see how we don’t get along. I know you would prefer to live with your parents and not us, but it’s ok. They’re your parents. I would feel the same way, and we can’t replace them.”</p> <p>“If I was your parent, I would feel proud and good about my children being loyal to me and wanting to return home.”</p> |



Methods of Impacting the Child or Youths Healing and Recovery Process

| Approach | Scripts |
|----------------------------------|---|
| Bond When They're in Pain | “Let us know if and when you miss your parents. It's ok to talk about it or cry about it together. When you hurt, I hurt. I hurt, and I want to comfort you whenever you're hurting.” |



Methods of Impacting the Child or Youths Healing and Recovery Process

| Approach | Scripts |
|---------------------------------|--|
| Make it Safe to Disclose | <p>“I know that some wrong or inappropriate things were done to you or in front of you.</p> <ul style="list-style-type: none">• Whenever you’re ready, we can talk about it together or will find someone for you to talk with.• I believe you, no matter what or who it’s about even it’s about my son, my daughter, my sister, my brother.• If I or any grown-up or adult does anything wrong to you or hurts you, you need to tell someone.• You don’t have to keep anything a secret in this family.” |



Summary



Summary

❑ Why Kinship Care (relatives and kin) are Effective:

- **Credibility with the youth**: because of sharing personal feelings similar to the child or youth about the birth parents and reasons for kinship care. “ I can partially understand how you feel, and I also have feelings about the situation because I knew your father as my son (or brother/friend) before you knew him as your Dad”
- **Role-Model** : an example of resilience and how to manage and cope with those feeling and emotions as kin and a relative
- **Bonding**: from the sharing of similar feelings, emotions and ways of coping, that unites and binds the relationship and attachment as kin.



Summary

- ❑ Approaches for Impacting the Child or Youth's Healing and Recovery Process
 - Validate, normalize and label the emotions and feelings
 - Use yourself as an example
 - Give permission for child to feel without being judged
 - Provide appropriate ways of expressing those feelings and emotions
 - Identify ways you can share or be a support in sharing the pain or expressing the feelings (bonding moments)
 - Let the youth know you'll be supportive and proactive if you feel they're in pain or in trouble
 - Exonerate the youth of fault or guilt about their situation or their feelings.
 - How or who deserves explanations about their living situation
 - De-triangulate the child. Allow them their loyalty to their parents without being afraid of losing yours
 - Bond when they're in pain
 - Make it safe to disclose





Question & Answer



**YOU STEPPED UP
FOR A LOVED ONE.
WE'RE HERE
TO HELP YOU!**



1-866-546-2111

CALL OUR SUPPORT LINE TODAY

ASSISTANCE IS AVAILABLE IN ENGLISH AND SPANISH

Thank You!