

The Michigan Adoption Resource Exchange is a program of Judson Center and is funded by the Michigan Department of Health and Human Services.

To learn about foster care adoption and view photolisting and videos of waiting children, visit our website at www.mare.org.



Take the time to care for yourself

STORY BY **JENNIFER BROOKS, MARE YOUTH SPECIALIST**

If you take time for self-care, you'll reap plenty of rewards.

Self-care includes everyday healthy habits such as eating well, getting enough sleep, moving your body, proper hygiene and practicing mindfulness. Caring for yourself today prevents stressors and other health issues from coming up later.

Another reason to practice self-care is to combat the emotional triggers that come with everyday life. Some examples of self-care activities you could try to help you cope with daily stressors

are sewing, knitting, doing hair and makeup, working out, reading, riding a bike and going for a walk.

The last piece of self-care is loving yourself and not being so hard on yourself. One way to do that is through affirmations. It might feel a little silly, but there is something soothing about looking straight into a mirror and saying, "I love you. You're worthy. You deserve greatness." You'll be shocked at what a huge change these positive phrases can bring about in your life.

Sometimes you have to reach out

and ask for help and with that you will see what others see in you.

You are your greatest critic, which can be sad. If you could see yourself as your best friends do, you would be better for it.

The website below shows a few examples of how to take a step back and look at yourself in a positive light. It shows how to make a self-care plan by listing the important things and supportive people who care about you.

<http://socialworktech.com/2011/05/25/making-a-self-care-plan/>

's Self-Care Plan!

MIND

BODY

SPIRIT

SUPPORTIVE PEOPLE IN MY LIFE

I WANT TO ACCOMPLISH

Courtesy socialworktech.com



MARE Youth Specialist Jennifer Brooks and Recruitment Specialist Jessica Thompson lead a discussion at the spring Youth Advisory Board meeting.

YAB lets your voices be heard

A number of topics arose at the spring 2018 MARE Youth Advisory Board meeting.

First off, youth talked about past Michigan Heart Gallery Grand Openings and shared what they liked about them. Board participants said they liked getting popcorn and enjoyed how the event made them feel special. They also liked having families there.

After our discussion, some of the youth volunteered to do voiceovers for the 2018 Michigan Heart Gallery video.

Other topics included:

A discussion of visits by workers. Youth said they would like to see their workers at least once a month.

Events and extra-curricular activities. Board participants want their workers to discuss upcoming

Facts About Youth Advisory Board (YAB)

Participants: Anyone who is or has been in foster care.

Meetings: Held quarterly at locations throughout Michigan.

How to attend: If you are in the foster care system, contact your worker. If you are a former foster care youth, contact Jennifer Brooks at 734-528-2061 or Jennifer_brooks@judsoncenter.org.

events with them. They want the workers to explain activities clearly and in a timely manner. They also want workers to be more open to making the arrangements for youth to participate in extra-curricular activities such as baseball and flag football.

An outlet for physical fitness. Youth, especially those in residential facilities, want a space where they can work out and suggested equipment such as weights and a punching bag.

Trauma treatment. Some of the youth talked about the need for

additional assistance with processing their past trauma. They would like more ways to get help when it's needed.

By gathering information from individuals who are or who have been in foster care, MARE can educate adoption workers and officials about the concerns of waiting children.

In addition to discussing these topics, youth participating in the YAB meetings have been able to enjoy a fun lunch and receive prizes for participation.

Yukking it up at the 2018 Michigan Heart Gallery Grand Opening



Tatiana (C09314).



Adoption Resource Consultant Liliya, left, and Shantaina (C07907).



Taevon (C09003) and Jesse (C07797).



Joslyn (C09206) and an Avenger.

Photos by Derek Cookson

Share your success story!

Fostering Success Michigan is asking for students who are interested in being featured on its website. This is an opportunity for students and professionals alike to read the success stories and learn about supports that helped others succeed. The stories will be used as a way to highlight students and their achievements. If you know of any youth or alumni of foster care between the ages of 18 and 24 who are currently enrolled in high school or college, Fostering Success Michigan would love to

hear from them.

Contact Fostering Success Student Advisor Bri Simmons at fostering-info@wmich.edu to have the interview questions sent directly to your inbox.

Fostering Success Michigan is a statewide initiative that aims to increase awareness, access and success in higher education and post-college careers for youth and alumni of foster care (fosteringsuccessmichigan.com).



Beat the heat with laughter!

Q: What do bakers put on their beds?

A: Cookie sheets.

Q: What did the buffalo say to his kid when he dropped him off at school?

A: Bison (as in, "bye, son")!

Person 1: Knock-knock.

Person 2: Who's there?

Person 1: Little old lady.

Person 2: Little old lady who?

Person 1: Wow, I didn't know you could yodell!

Q: What did the fisherman say to the magician?

A: Pick a cod, any cod!

Q: Why did the opera singer go sailing?

A: She wanted to hit the high Cs.

Q: What's a snake's favorite subject?

A: Hisstory.

Q: Why did the golfer wear two pairs of pants?

A: In case he got a hole in one.

Q: Why was the math book sad?

A: Because it had so many problems.

Q: What did the digital clock say to the grandfather clock?

A: Look, grandpa! No hands!

YOUTH RESOURCES

Michigan Youth Opportunities Initiative - MYOI is a partnership between the Michigan Department of Health and Human Services, the Jim Casey Youth Opportunities Initiative, the Oakland/Livingston Human Services Agency and many other local community partners. MYOI's goal is to ensure that young people in foster care have successful outcomes in housing, education, employment, community engagement and health.

(michigan.gov/FYIT > MYOI)



Foster Youth in Transition - MDHHS website geared towards older youth who are experiencing foster care. It's a comprehensive, youth-oriented site with advice, interactive features, a useful glossary of foster care terms, and information on a variety of issues important to current and former foster youth. The site provides links on how to develop supports, find services, get answers to important questions and just keep you posted on what's new. (www.michigan.gov/FYIT)