



## FOSTER (RESOURCE) PARENT COMMUNITY RESOURCES

***Welcome!*** Along your foster (resource) parenting journey, you will encounter both joy and unexpected challenges. This guide is designed to be a starting point for resources for foster (resource) families. If you know of any community resources that should be added to this list, please email [info@everychildoregon.org](mailto:info@everychildoregon.org).

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Many organizations offer a variety of programs from advocacy, to mentorship, to family-based services. We have done our best to categorize an organization by a primary focus, but we encourage you to read around the guide to learn about the breadth of resources offered.

While many organizations offer culturally specific resources or programs, you will see a \* next to organizations that have a particular emphasis on catering to BIPOC youth and families or youth who are part of the LGBTQ+ community.

*Please note that due to COVID-19, certain resources may be unavailable or operating under new guidelines. To ensure the smoothest experience, we recommend calling or emailing an organization to understand their current services.*

## DAYCARE AND SCHOOL SUPPORT

### ***Child Care Assistance***

The Employment-Related Day Care program (ERDC) helps eligible low-income families pay for childcare while they are working. ERDC is a subsidy program, meaning eligible families still pay part of the childcare cost. Contact ODHS to determine if you are eligible.

[www.oregon.gov/dhs/ASSISTANCE/CHILD-CARE/Pages/index.aspx](http://www.oregon.gov/dhs/ASSISTANCE/CHILD-CARE/Pages/index.aspx)

### ***Head Start***

Children in foster care ages 3-4 are prioritized for Head Start. Head Start is a federal program that promotes school readiness of young children by enhancing their cognitive, social and emotional development.

<https://oregonearlylearning.com/head-start-opk>

### ***Inclusive Partners***

Inclusive Partners is a statewide program of the Oregon Council on Developmental Disabilities. They work directly with families of children with higher needs by offering resources that help families choose childcare, understand subsidies, high need rates, and their rights. They support children from birth through age 17, with no cost for the assistance. There may be financial supplement depending on ODHS eligibility requirements for childcare.

Call (866) 837-0250 or email [inclusivepartners@dhsosha.state.or.us](mailto:inclusivepartners@dhsosha.state.or.us)  
[inclusivepartners.org](http://inclusivepartners.org)

## DISCOUNTED ACTIVITIES

### ***Angels in the Outfield***

Angels in the Outfield serve children of all ages up to 18 years old who have been victims of crime or abuse. Children may be from all socio-economic levels.

This non-profit supports each child by providing the means for items like tutoring, camp tuitions, sporting fees, lessons, equipment, school trips, technology, and experiences such as museum visits, recreation, parties, attending a sporting event or anything else that will help a child on his or her long journey of recovery.

[www.theangelsintheoutfield.org](http://www.theangelsintheoutfield.org)

### ***Building Blocks 4 Kids***

Offering support for extracurricular activities such as dance, music lessons, school athletics, tutoring, science camps, etc.

<https://www.bb4kids.org/>

### ***Every Kid Sports***

Every Kid Sports never wants finances to be a barrier to participation for children who want to participate in sports. Youth in foster care qualify for financial help with sports-registration fees.

[everykidsports.org/programs/pnw/pass](http://everykidsports.org/programs/pnw/pass)

### ***Fishing License for children 15 years and older***

Free fishing licenses for foster children in foster care who are 15 years and older can be obtained by contacting your certifier or the child's caseworker. They are not required for younger children if they are with an adult who has a fishing license.

### ***Free State Park Camping and Day Use Pass for foster and adoptive families***

Access state parks with this pass for foster, guardian, and adoptive families.

[stateparks.oregon.gov/index.cfm?do=v.page&id=20](http://stateparks.oregon.gov/index.cfm?do=v.page&id=20) or email [special.access@oregon.gov](mailto:special.access@oregon.gov)

## **FOSTER PARENT SUPPORT**

### ***A Family Guide to the Child Welfare System (by Youth Rights & Justice)***

This guide is intended to help families understand how the child welfare system works, and how to work in partnership with a lawyer through the stages of a child welfare case. This booklet is intended to provide general information and may answer questions. It is not legal advice.

[youthrightsjustice.org/youth-family-resources/foster-care](http://youthrightsjustice.org/youth-family-resources/foster-care)

### ***Court Appointed Special Advocates – Oregon CASA Network***

Oregon has 22 local CASA programs, with chapters serving regions across the state. A CASA is a volunteer who comes alongside a youth and works as a third party advocate. CASAs have permission to visit the children regularly, talk to a child's parents, teachers, caseworkers, doctors, and therapists in order to hear all perspectives and give an unbiased portrayal of the case to the judge. CASA advocates help kids through the system safely, quickly, and more effectively.

*Multnomah, Washington, & Columbia Counties:* [www.casahelpskids.org](http://www.casahelpskids.org)

*Clackamas County:* [www.casa-cc.org](http://www.casa-cc.org)

### ***Every Child Parent Mentoring***

Every Child believes in the relational power of one-on-one connection pairing experienced foster parents with brand new providers in a concentrated, one-on-one pairing for a set amount of time. While this is a new initiative, we encourage you to talk with your certifier if participating is something of interest to you.

### ***FACSETS***

Fetal Alcohol Spectrum Consultation Education and Training Services offers resources, workshops, and training that support caregivers of youth with brain-based conditions, such as FASD. All materials and consultations take a brain-based approach through a Neuro-behavioral Model.

[fascets.org](http://fascets.org)

### ***FACT Oregon: Empowering Families Experiencing Disability***

Do you have a child with a developmental delay, disability or who is receiving special education services? Get the support you need through FACT's support line, email, and through training modules. FACT Oregon helps thousands of families each year navigate raising a child experiencing disability.

[factoregon.org](http://factoregon.org)

### ***Find Help (formerly called Aunt Bertha)***

Find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the Covi-19 pandemic. Services are curated based on your zip code.

[www.findhelp.org](http://www.findhelp.org)

### ***Foster Parent Support Line***

2-1-1 is a foster parent support line that provides personalized service to foster providers with a focus on after-hours needs for foster parents. Foster providers can receive assistance with information, support, and referrals from an ODHS employee between 6pm–8am on Monday through Friday, and 24/7 on weekends.

*To access the Foster Parent Support Line, simply dial 2-1-1*

### ***Foster Care Ombudsman***

The Office of the Foster Care Ombudsman is an independent resource to investigate complaints, concerns or violation of rights for children in the custody of ODHS Foster Care. The Ombudsman position was created in 2013 with the passage of Senate Bill 123. This position is the result of legislation developed and passed by current and former foster youth.

The Ombudsman receives, investigates and helps resolve complaints and concerns from a wide range of people including foster youth, parents, relatives, CASAs, attorneys, social workers and many other interested parties.

*Email: [fco.info@state.or.us](mailto:fco.info@state.or.us)*

*[www.oregon.gov/dhs/ABOUTDHS/Pages/Fostercare-Ombudsman.aspx](http://www.oregon.gov/dhs/ABOUTDHS/Pages/Fostercare-Ombudsman.aspx)*

### **Foster Club**

Trauma informed online training that leads with the voice of youth. Courses include content on how to navigate the foster care system, medication, well-being, introducing a youth to your home, promoting normalcy, and more.

[www.fosterclub.com/foster-parent-training](http://www.fosterclub.com/foster-parent-training)

### **Foster Parent Champions**

In the state of Oregon there are many Resource Family Retention and Recruitment Champions. One primary function of this individual is to support and equip local foster families. Reach out to your caseworker and ask to be connected to your district's Champion.

### **Foster Parent College**

Foster Parent College provides innovative, research-based, interactive online courses for foster, adoptive, and kinship parents. The self-paced training is accessible 24/7. You can enroll, complete a course, and receive a certificate of completion in a single session. The content is developed by nationally recognized experts in the fields of parenting, social work, pediatrics, psychology, psychiatry, and education. The courses are valued by foster care agencies.

[fosterparentcollege.com/index.jsp](http://fosterparentcollege.com/index.jsp)

### **KEEP \***

KEEP facilitates small support groups of foster parents who are committed to creating a calmer, more nurturing home environment for their families for 16-week sessions. These groups are led by trained facilitators and focus on lessening the stress associated with foster parenting by providing support, interventions, and behavior management techniques.

Culturally specific groups are facilitated in partnership with Native American Youth and Family Center (NAYA) and Centro Cultural.

Free childcare and a meal are provided at the weekly meetings (attendees are eligible for continued education hours). While meetings are remote there is a financial incentive.

*To learn more, visit [www.keepfostering.org/keep-in-oregon](http://www.keepfostering.org/keep-in-oregon) and use the interactive map to find contact information in your county.*

### **Oasis Community**

Oasis Community is a virtual support system for foster and adoptive parents looking for hope, encouragement, and resources needed to parent with success. Through connection to one another, mentoring and encouraging from a Care Team, and education and training from a plethora of resources, Oasis Community offers 24/7, 365 days a year online access to practical resources, relevant training, and parent to parent support. There is a \$16 monthly subscription fee. Enrollment opens up twice a year.

*Stay up to date for future enrollment here: [confessionsofaparent.lpages.co/oasis-is-closed](http://confessionsofaparent.lpages.co/oasis-is-closed)*

### ***Oregon Foster Parent Association***

OFPA is a statewide association operating within the foster, relative, and adoption community in Oregon. Through the OFPA you can find resources, referrals to training, updates on system reform, and legislative advocacy.

[ofpa.com](http://ofpa.com)

### ***Oregon Kinship Navigator***

OKN is a statewide resource and referral service for grandparents raising grandchildren and other relative caregivers. Their team can provide support groups, resources, and an empathic ear to the unique challenges of being a kinship care giver.

[oregonkinshipnavigator.org](http://oregonkinshipnavigator.org)

### ***Oregon Post Adoption Resource Center***

A place of support for foster and adoptive families. They host free training ODHS foster, kinship, adoptive & assisted guardianship families. In addition, they host a robust library of how-to parenting guides, children's books, information packets, digital downloads, videos, or deep dives into tough topics like trauma. Materials mailed free of charge.

[www.orparc.org](http://www.orparc.org)

### ***Refresh Conference***

Popular foster/adoption Christian conference with many breakout sessions. Held at end of February/ March every year in Overlake, Washington with approximately 1,500 attending.

[therefreshconference.org](http://therefreshconference.org)

### ***Shoulder to Shoulder Conference***

Statewide conference for anyone involved with Oregon's child welfare system (CASAs, caseworkers, attorneys, foster/adoptive parents), traditionally held at the end of October in Portland metro area.

[stsconference.com](http://stsconference.com)

## **HEALTH RESOURCES**

### ***Health Care for Former Foster Youth***

Learn more about how to gain health coverage until age 26 through Medicare. Find answers to common questions, next steps, and details specific to Oregon by visiting the site below.

[healthcareffy.org/](http://healthcareffy.org/)

### ***Oregon Family-to-Family Health Information Center***

The Oregon Family to Family Health Information Center supports families and caregivers of children with special health needs to navigate the complex health care systems. Staffed entirely by parents of children and youth with a variety of health conditions, they provide free one-to-one support, training, and printed materials to families and the professionals who serve them. Their website houses hundreds of resources for parents, grandparents, teens, and young adults.

[www.ohsu.edu/oregon-family-to-family-health-information-center](http://www.ohsu.edu/oregon-family-to-family-health-information-center)

## **MENTAL HEALTH AND COUNSELING**

### ***Native American Rehabilitation Association \****

The mission of NARA is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need. In addition to wellness services, there are also family-focused youth programs, addiction treatment, and cultural services.

[www.naranorthwest.org](http://www.naranorthwest.org)

### ***Portland State University State-Wide Directory***

PSU has a counseling program in which mental health professionals may get an extra certificate for Foster Care and Adoption. PSU has compiled a state-wide directory of providers. This is a great resource for foster parents as a place to learn of providers who “get” the complexities of what and who they are engaging.

<https://sites.google.com/pdx.edu/therapistdirectory/home>

## **MENTORING**

### ***Adorned in Grace Design Studio (Portland Metro)***

The Adorned in Grace Design Studio is an after-school outreach to teenage girls in foster care ages 11–18 to build relationships through mentoring, workshops and life skills training. Participants learn to re-purpose and redesign silks, satin, lace, and beading from donated gowns into fun fashions, accessories, and gift items. Weekly after-school workshops are held every Tuesday, Wednesday and Thursday and cover topics such as entrepreneurship, art, and more.

*For more information, email [designstudio@compassionconnect.com](mailto:designstudio@compassionconnect.com)*



***Big Brothers Big Sisters of America Columbia Northwest (Portland Metro)***

For children facing adversity, Big Brothers Big Sisters builds bonds to change lives, enabling kids to reach their greatest potential through strong and enduring, professionally supported, one-to-one relationships and a network of support.

[itsbigtime.org/enroll-a-child](https://itsbigtime.org/enroll-a-child)

***Faithful Friends (Portland Metro)***

Faithful Friends is a community-based mentoring program that provides children with support and stability through relationships that encourage personal growth and inspire hope. The program matches volunteer individuals, couples and families with children ages 6 through 9 for mentoring relationships. The mentor/mentee matches meet 3-4 times each month for at least one year. Children are referred to Faithful Friends by a parent or caregiver who believes the child's life will be enriched by additional caring relationships.

[faithfulfriendspdx.org](https://faithfulfriendspdx.org)

***Friends of the Children***

Friends of the Children provides vulnerable children nurturing and sustained relationships with a professional mentor who teaches positive values and has attainable expectations for each child to become a healthy, productive member of the community. Mentorship takes place over years and focused on youth who have faced adversity.

[friendsofthechildren.org/locations](https://friendsofthechildren.org/locations)

***Holla Mentors \* (Portland Metro)***

Holla Mentors is a culturally responsive mentorship organization and work with administrators, teachers, social agencies and families to serve children of color at several schools in Portland. The program provides mentors (one-on-one or group) for economically challenged and at-risk children and teens within the structure of the educational system.

[hollamentors.org](https://hollamentors.org)

### **Parenting With Intent** *(Portland Metro)*

Parenting With Intent offers service for individuals, families and youth who are in need of mental health support, mentorship, parenting education, counseling, and supportive services.

[parentingwithintent.org](http://parentingwithintent.org)

## RESPITE CARE

### **Foster Parents' Night Out**

Foster Parents' Night Out (FPNO) is a monthly four hours of respite offered to foster families across the Portland Metro area and other parts of the state. Most FPNOs run nine months out of the year and are held at local churches or community spaces.

For more information on FPNO and the closest location, contact your certifier at ODHS to see if there is a local FPNO where you can get connected and to get confirmation on your child's eligibility. Please note, some FPNOs have waiting lists. FPNO is an initiative of Every Child Oregon. All referrals come through ODHS.

### **The Family Room** *(Portland Metro)*

The mission of The Family Room is to increase the likelihood that youth in foster care can be successfully reunited with their birth parents. Their program model offers a homelike visitation space that increases both the quantity and quality of time that families spend together. Family time is supervised with an emphasis on education, modeling, and encouragement. Families participate up to 10 hours per week.

[familyroomoregon.org](http://familyroomoregon.org)

## SEASONAL DRIVE

### **Howard's Heart** *(Portland Metro)*

Howard's Heart is dedicated to providing individual, need-based support to teens in foster care in our community. Howard's Heart supports youth year-round, but specifically over the holidays and with back-to-school.

*Connect with your caseworker, or reach out to Howard's Heart directly: [howardsheart.org](http://howardsheart.org) or [howardsheart@gmail.com](mailto:howardsheart@gmail.com)*

## SUMMER CAMPS

### ***Camp Erin***

Camp Erin is the largest network of free bereavement camps in the country designed for children and teens ages 6-17 who have experienced the death of someone close to them. It is a weekend-long experience filled with traditional, fun camp activities combined with grief education and emotional support - led by grief professionals and trained volunteers. Camp Erin is offered free to all families.

[oregon.providence.org/our-services/c/camp-erin](http://oregon.providence.org/our-services/c/camp-erin)

### ***Camp to Belong***

Camp to Belong ([camptobelongoregon.org](http://camptobelongoregon.org)) exists to reunite brothers and sisters in a safe, neutral, weeklong camp environment that they would not have otherwise due to living in separate homes. If you are an adult that is interested in having siblings attend Camp to Belong next camp season, please send an email to Elizabeth Parker

[elizabeth@kindredmatters.org](mailto:elizabeth@kindredmatters.org)

Please know that if the children you have in mind for camp are in ODHS custody, the application process includes the assigned ODHS caseworker.

### ***Royal Family Kids Camp***

Royal Family Kids Camp is a camp designed for children, ages 6 to 12, who have a history of abuse and neglect, or who reside in foster care. For the Portland Metro area, applications for campers can be received by calling 503.245.7735 or additional information can be obtained by emailing

[portland@royalfamilykids.org](mailto:portland@royalfamilykids.org).

[portland.royalfamilykids.org](http://portland.royalfamilykids.org)

Or find your location and contact information here:

[forthechildren.org/locations](http://forthechildren.org/locations)

### ***Sparks of Hope Healing Camp***

Sparks of Hope Healing Camps ([sparksofhope.org](http://sparksofhope.org)) assist children and teens to overcome the barriers they face as survivors of abuse to become successful young adults. Without early intervention, child survivors have a high probability to tank their life because they feel broken, worthless, and unlovable.

*You can reach out to Lee Ann Mead by email at [leeann@sparksofhope.org](mailto:leeann@sparksofhope.org) and let her know that you are interested in your child attending Sparks of Hope Healing Camp.*

## TANGIBLE SUPPORT (CLOTHING, HOUSEHOLD, FOOD)

### ***My NeighbOR***

My NeighbOR is designed to connect goods and services from community members to families and youth impacted by child welfare. Supports available include educational supports, furniture, grocery assistance, and many other tangible goods.

[Submit a request for support at everychildoregon.org/need](https://everychildoregon.org/need)

### ***Oregon Food Bank***

Oregon Food Bank helps you and your family find food assistance. Search for a food pantry or pick-up site near you.

[foodfinder.oregonfoodbank.org](https://foodfinder.oregonfoodbank.org)

### ***WIC***

Children in foster care ages 0-5 automatically qualify for WIC, regardless of the foster (resource) families income levels. WIC provides foods to supplement the diets of pregnant & breastfeeding women, and infants & children under 5 years of age.

<https://www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx>

## YOUTH & FAMILY SUPPORT

### ***Foster Club***

Foster Club is a central nationwide resource for youth. Their organization offers peer support, training, resources, conferences, toolkits, health care support, and more for youth. A big part of Foster Club is bringing the youth perspective front and center in policy conversations. With this posture, Foster Club's Council develops policy priorities that will impact children and families nationwide.

[www.fosterclub.com](https://www.fosterclub.com)

### ***Oregon Foster Youth Bill of Rights***

Did you know that Oregon Department of Human Services has defined what every child as the right to?

“When I need to, I can contact my attorney or CASA advocate to help me and talk to them privately. If I ever need to do so, I can contact the Foster Care Ombudsman at Youth, Empowerment and Safety (Y.E.S.) 1-855-840-6036 or [FCO.Info@state.or.us](mailto:FCO.Info@state.or.us) and talk to them about my problem.”

[sharesystems.dhsoha.state.or.us/DHSForms/Served/de9014a.pdf](https://sharesystems.dhsoha.state.or.us/DHSForms/Served/de9014a.pdf)

### ***Oregon Foster Youth Connection (OFYC)***

OFYC empowers current and former foster youth to share their voice and to be heard in key decisions affecting children and youth in foster care. With peer support, leadership skills, and civic engagement (policy change advocacy), these inspiring youth take the lead in improving their own lives and the lives of thousands of kids in Oregon’s foster care system.

[www.ofyc.org](http://www.ofyc.org)

### ***Oregon Student Aid for Higher Education***

The Chafee Education and Training Grant, Tuition and Fee Waivers, and other financial aid at the state and federal level ensure that foster youth will have access to higher education.

[oregonstudentaid.gov/chafee-etg.aspx](http://oregonstudentaid.gov/chafee-etg.aspx)

[www.oregon.gov/dhs/CHILDREN/FOSTERCARE/ILP/Documents/Financial-Aid-Foster-Youth.pdf](http://www.oregon.gov/dhs/CHILDREN/FOSTERCARE/ILP/Documents/Financial-Aid-Foster-Youth.pdf)

### ***Oregon’s Developmental Disability (DD) Services***

For youth in foster care who are diagnosed with an intellectual disability, Autism, or Fetal Alcohol Syndrome, (alongside many other disabilities), a child may qualify for a one-on-one support person called a Personal Support Worker via Oregon’s Developmental Disability (DD) Services. You can check out this program to get more information.

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/de0338.pdf>

### ***Your Rights in Foster Care (by Youth Rights & Justice)***

This guide is intended to answer some of the questions foster youth might have about legal rights, foster care, and about going to court. This booklet is intended to provide general information and may answer questions. It is not legal advice.

[youthrightsjustice.org/youth-family-resources/foster-care](http://youthrightsjustice.org/youth-family-resources/foster-care)

### ***Youth Era \****

Youth Era works to provide accessible support services to all young people. They focus on direct service, training, and advocacy—the building blocks for creating lasting change for young people in communities across the country. Featured programs include drop-in centers, a crisis line, training, and virtual support.

[www.youthera.org](http://www.youthera.org)



[info@everychildoregon.org](mailto:info@everychildoregon.org)