Advocacy
We advocate for families systemically through policies, practices, legislation, and individually when resource parents need additional support. In fiscal year 21-22, FAPAC provided testimony in four legislative hearings, twenty-four hours of group support, and 15.2 hours of individual advocacy.

Parent Training
We train foster, kinship, and adoptive parents on various parenting topics. We teach birth parents about compassionate parenting and child development to prevent child welfare intervention. We provide monthly peer support groups to support all families. In fiscal year 21-22, FAPAC provided seven virtual trainings to resource parents. Training included Parenting through a racial equity lens; Yoga to Relieve Parenting Stress, Trauma Informed Teenage Behavior Management, African-American Hair and Skincare, and more.

FAPAC also provided 81 hours of parent training to 21 birth parents through our Families Growing Stronger Together program; 13 graduated from the 8-month-long program.

Shared Parenting Events
We provide fun and entertaining events for resource parents to come together with birth parents and children for meaningful shared parenting experiences. In fiscal year 21-22, FAPAC provided five shared parenting events, some of which included the Christmas party, baseball games, bowling, and a family picnic at the National Mall.

Our Programs
FAPAC builds critical bridges between care providers and the skills, support, and resources they need, to help children thrive through our FREE programs.

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“Since being in class, my eyes have become open to what I should be doing as a parent, father, and husband. That is to be humble, loving, caring, and supportive to my wife and kids. I thank everyone here for being an open ear and caring about my family and me without any judgment.”

- Families Growing Stronger Together (FGST) Parent Participant
Emotional Health Support is Greatly Needed for DC’s Foster and Kinship Caregivers

More than two years into the COVID-19 pandemic, our society is now acutely aware of the added stressors impacting our emotional health. We may have lost loved ones, still have fear and anxiety about getting sick, our social support systems may be lacking, our children may have educational setbacks, and we may face additional financial hardships.

FAPAC Survey Reveals Unmet Emotional Health Needs

When we add the child welfare system to those stressors, there is a good chance that the need for emotional health support will increase. The data from FAPAC’s 2022 dynamic health survey for Foster Parents and Kinship Caregivers shows this as well: 59.5% of respondents reported that being a Foster or Kinship Caregiver affects their emotional health to some degree, while 67.6% of respondents noted that COVID-19 had affected their emotional health to some degree. Remarkably, given all of the stressors they face, 84.7% of Foster and Kinship Caregiver respondents have not declined placements due to concerns about their emotional health.

Often, caregivers experience vicarious (or secondhand) trauma when they witness the effects of trauma on the children in their care. This can be overwhelming and challenging and, when not addressed, could lead to caregiver burnout. Our Foster Parents and Kinship Caregivers must have their emotional health needs met so that they may be fully able to guide and support the children in their care.

Our survey indicated that 67.6% of respondents are unaware of any emotional health support services provided by CFSA or its partners. Yet, if free and confidential emotional health support services were available to our Foster and Kinship Caregivers, 81.1% of respondents stated they would utilize them.

New Emotional Health Resource List Compiled by the FAPAC Community

One way FAPAC strives to help meet this need is by educating Foster and Kinship families about the already existing emotional health supports. Thanks to our survey respondents, we compiled a list of emotional health resources which we shared with Foster Parents and Kinship Caregivers.

Improving Services to Strengthen Foster and Kinship Families

Moving forward, FAPAC’s Advocacy Committee will continue to advocate for increased emotional health services – not only for Foster Parents and Kinship Caregivers but for all those touched by the child welfare system. In February, Donna Flenery, longtime Resource Parent of teenagers and FAPAC Board Chair, testified before the DC City Council at the CFSA Oversight Hearing to bring attention to this need. We are committed to continuing our partnerships with CFSA and other stakeholders to ensure that families have the emotional health tools they need to successfully navigate their challenges and effectively care for themselves and the children in their homes.
2022 ANNUAL SURVEY

Important takeaways from the 2022 annual survey

Despite the challenges, resource parents and kinship caregivers in the FAPAC community have an overall positive perception of the available supports. Many seek more peer connection, training, and resources for the kids in their care.

Who We Are

- The majority begin fostering because a family member is in need; CFSA has asked or advertised
- Kinship consists mainly of grandparents and aunts
- Most children in care are below the age of 12
- 68% of resource parents also have biological children
- Most resource parents are 25-44 years old or 55-64 years old
- Most resource parents are women

Our Needs

- 95% would find a mentoring program beneficial
- 70% are interested in mentoring
- 70% are interested in receiving mentoring
- 84% would use a resource parent app
- The most needed resources from greatest to least are therapy, housing, food, and training

Other needs identified:

- Seasoned, consistent, and better trained social workers
- In-person support groups at FAPAC
- Better technology at CFSA / less paper
- Free respite care
- Training and better prep for youth aging out of foster care

We and others we know have experienced a wide variation in levels of communication, support, teaming, etc... across different social workers. But generally we feel a lot more could be done to more affirmatively make resource parents a true part of the team.

- Foster Parent
FOSTER YOUTH SUMMIT, MAY 2023

The Problem
There are approximately 424,000 foster youth nationwide. Despite child welfare’s efforts to prevent the removal of children from their parents, the number of children in foster care has been increasing. The median age of children in foster care is 6 ½ years old. 20,000 youth age out of the foster care system between the ages of 18 – 21 annually. Most will not become adopted or have found a forever home and will be entirely on their own. Within four years of aging out, 50% have no earnings and those who do make an average annual income of $7,500. ifoster.com

Our Solution
We invite 50 youth, 16-21 years old, in foster care to benefit from an incredible weekend-long conference where they will connect with resources to help them take a stronger step towards self-sufficiency and adulthood. Educational workshops will include financial management, housing, career, continuing education, and physical and emotional health.

FOSTER PARENT MENTORING PROGRAM, JANUARY 2023

The Problem
The mental health and annual surveys showed us that resource parents would like more support. 95% would find a mentoring program beneficial, and 70% would be interested in serving as mentors.

Our Solution
The upcoming FAPAC mentoring program is an Americorps program funded by ServeDC and the Corporation for National Community Service. FAPAC will recruit and train 17 experienced resource parents and pair them with potential new foster parents in the licensing process. The goals of the program are to provide resource parents with the additional support and information to improve their experience, and encourage retention.
Most of FAPAC's funding comes from foundation grants as well as contracts and grants from the Child and Family Services Agency, followed by special events and corporate contributions.

FAPAC’s goal in fiscal year 2021-2022 was to come out of a financial deficit and ensure reserved funds were available in case of emergencies. The organization achieved this goal by decreasing spending and increasing funding.

As a result, FAPAC is now financially healthy and sees opportunities to grow individual donorship through recurring giving and corporate funding through special events.

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**Revenues**

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**Expenses**

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<td>Management</td>
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Thanks to generous donors, grants, and partnerships, FAPAC achieved its financial goals last fiscal year.

Visit www.dcfapac.org/financials for annual financial reviews.
Gala for foster care
MAY 25, 2023 6 - 9pm
Join us for a night of cocktails, dinner, live music, and dancing as we honor champions of children in foster care, at the Historic MLK Jr. Memorial Library Rooftop Terrace.
Purchase Tickets Online
www.dcfapac.org/gala

BLACK TIE EVENT

CHRISTMAS for KIDS in FOSTER CARE
Help make the holidays extra special for youth in foster care

GIFT DRIVE & FUNDRAISER
Help make the holidays extra special for youth in foster care

FOSTER YOUTH SUMMIT
Preparing youth in foster care for adulthood and independence
WWW.DCFAPAC.ORG/FYS2023

NEEDED:
YOUTH SPONSORS
SPEAKERS
VOLUNTEERS

MAY 5-7, 2023
COURTYARD MARIOTT
1325 2ND STREET NE
WASHINGTON, DC 20002
WWW.DCFAPAC.ORG/CHRISTMAS

PREPARING YOUTH IN FOSTER CARE
FOR ADULTHOOD AND INDEPENDENCE

WWW.DCFAPAC.ORG/CHRISTMAS
THANK YOU FOR YOUR SUPPORT

We could not achieve our mission without financial contributions from generous donors. We call that group our village.

It takes a village to raise children.

We invite you to join our village. We are foster parents, adoptive parents, birth parents, donors, volunteers, supporters, and youth in care. Join our village today so that we may continue to provide the support, care, and love to the foster care community.

Monthly Support Levels

$25 $50 $100 Custom

Your contribution is tax-deductible
Visit our website at www.dcfapac.org/donate to join the village.

When I went through some of my most difficult days, FAPAC stood beside me, offering me support, guidance and believing in me and my role in my son’s life.

– Foster Parent