

# WRAP

A R O U N D  
G U I D E



AMERICA'S  
**KIDS BELONG**™

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## WRAP AROUND GUIDE

### Table of Contents

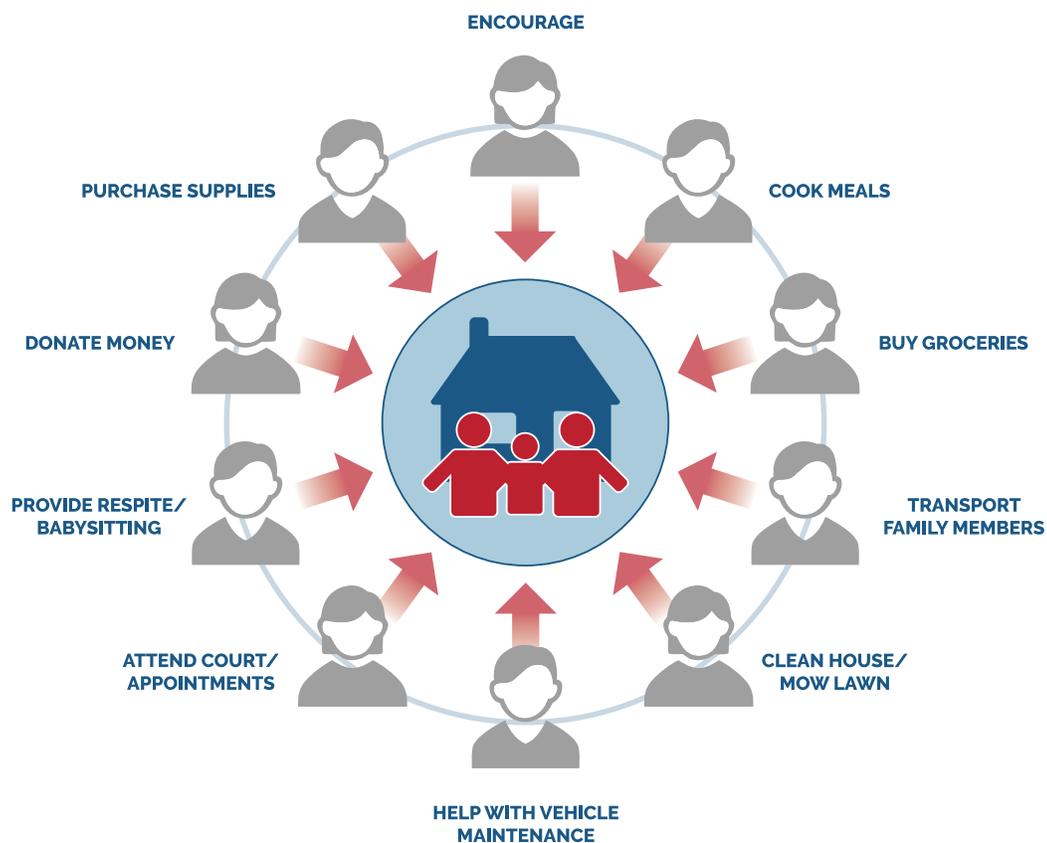
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# WHAT?

## WHAT IS WRAP AROUND SUPPORT?

Not everyone is called to be a foster or adoptive parent, **but everyone is called to care!**

**WRAP** is a tool that mobilizes local faith communities to help adoptive and foster children and the families who care for them. When foster, adoptive, kinship, birth, and at-risk families have WRAP Around care, they are given the support they need to thrive. From dropping off a meal or mowing a lawn to helping with carpooling or providing respite care, there are countless ways to make an impact.



# WHY?

## WHY DO FOSTER/ADOPTIVE FAMILIES NEED WRAP AROUND SUPPORT?

### **It's a lifestyle change.**

Foster and adoptive parenting is fulfilling but challenging. It can mean a lifestyle change for families. Being available at a moment's notice to accept a kid or siblings coming into care requires a lot of flexibility. Foster parents are often co-parenting with the foster child's biological parents, communicating and visiting with them to aid in successful reunification.

### **There are a lot of expectations.**

In addition to building relationships with the bio families and co-parenting with them, foster parents coordinate meetings and check-ins with case workers, sometimes therapists, medical appointments, and more for kids in their care. There are a number of expectations and on-going training requirements to be fulfilled when caring for other people's children.

### **It requires a different approach to parenting.**

Foster and adoptive parenting also requires a different way of parenting. Kids in foster care and those who have experienced adoption need parents who understand and are equipped to help kids heal from trauma and loss. A lot of time and intention must be given to gaining trust, building attachment, and providing a balance of nurture and structure to promote healing and experience belonging.

**Your WRAP support gives foster and adoptive parents more time to invest in relationships with children and caring for themselves to stay healthy for the long haul.**

# WHY?

*cont.*

## WHY DO FOSTER/ADOPTIVE FAMILIES NEED WRAP AROUND SUPPORT?

### **Your WRAP support also strengthens the foster care system.**

Nationally, as many as 50% of foster parents quit after the first year. Adopting and changes in family circumstances are two common reasons; but there are other preventable reasons foster parents quit. Many feel inadequately supported and resourced. One report from the National Foster Parent Association showed that "struggles dealing with stress" and "difficulty processing grief and loss" were among the top reasons given. (<https://fostercare.team/foster-parent-turnover>)

### **When good foster parents quit, children in foster care suffer.**

A big reason for multiple placements for kids in foster care is high turnover rates among foster parents. Every time a kid in foster care is placed into a new foster home, they lose emotional, relational, and often academic stability. Continued severed relationships among important adults in their lives continue patterns of trauma and cause setbacks in forming trust.

### **Losing so many foster parents annually hampers states' already burdened foster care systems.**

Even significant recruiting gains are not net gains if within a year many of these foster families are no longer active. This places enormous burden on the morale and performance of case workers who also have significant turnover rates.

### **The loss of foster parents stunts foster care itself.**

The culture of success and wisdom gained collectively through experience suffers greatly in foster care when good foster parents call it quits too soon. Faith communities are filled with loving families, many of whom would be phenomenal foster parents! If they don't have the proper emotional, financial, relational, and spiritual support they will likely become another sobering attrition statistic.

### **The Solution: The Faith Community & WRAP Around!**

Your faith community has a unique array of built-in supports, assets, and strengths that when harnessed could provide a game-changing solution to help foster parents stay the course. That starts by wrapping around foster and adoptive families--**one family at a time!**

# WHAT?

## WHAT DOES WRAP MEAN?

### WRAP Means

**W**



Words of  
Encouragement

**R**



Respite

**A**



Acts of Service

**P**

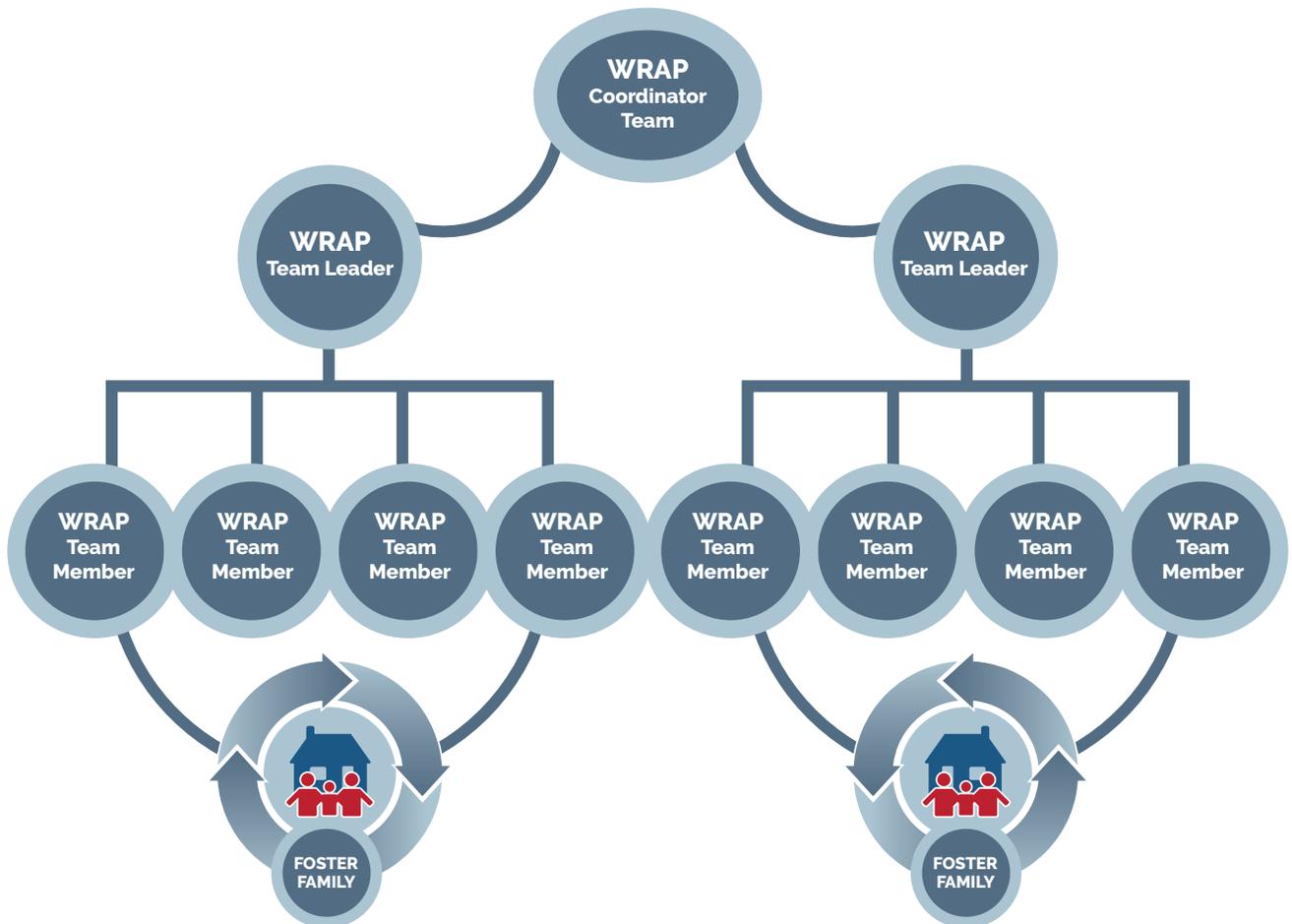


Prayer

# FORMING

## FORMING A WRAP AROUND MINISTRY

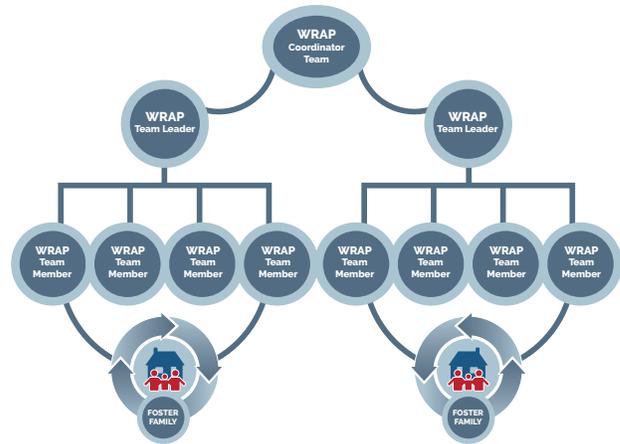
The **WRAP Team** consists of overall WRAP Ministry Coordinator(s), WRAP Team Leaders, and WRAP Team Members. Each Foster/Adoptive Family has their own WRAP Team with a leader, supporting them in various, intentional ways every week or month of the year.



# FORMING

cont.

## FORMING A WRAP AROUND MINISTRY



### The WRAP Coordinator Team:

We recommend a team approach to leading this program. The WRAP Around Coordinators are responsible for building relationships with the members of the church who have a desire to serve on a WRAP team connecting them to a Foster/Adoptive Family. WRAP Coordinator responsibilities can be done by one or two people, but we recommend it be broken down into two or three different roles so your ministry can grow!

### Here are three recommended roles for this leadership team:

#### WRAP Ministry Coordinator:

- Promote WRAP to recruit and train new WRAP volunteers and Foster/Adopt Families
- Match volunteers with families for support
- Work with coordinators and families to decide frequency of support needed (*weekly or monthly*)
- Encourage WRAP Team Leaders to stay engaged and thank them for serving
- Communicate your success with South Dakota Kids Belong and ask for coaching when needed!

#### WRAP Administrative Coordinator

- Maintain a database of volunteers, Foster/Adoptive Families, and organize forms
- Send emails for trainings, fellowship, etc.
- Secure training details (e.g. reserve room or set up online and prepare training folders)
- Confirm background checks and child safety trainings are complete
- Mail team pictures and thank you notes following Meet the Family event

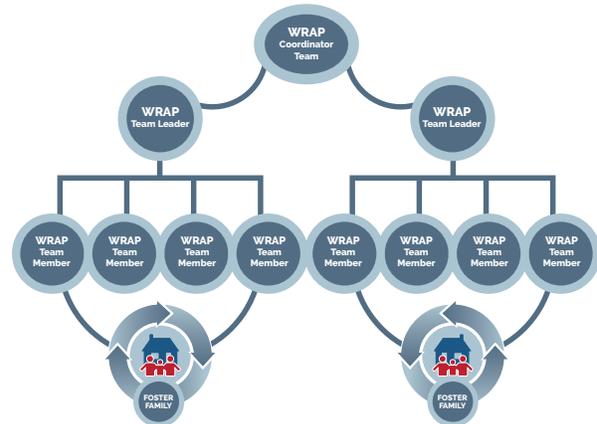
#### WRAP Fellowship & Story Coordinator

- Plan original fellowship for new WRAP Teams
- Consider ongoing gathering opportunities
- Collect inspirational stories of WRAP success to share with the team and, when appropriate, with the entire Faith Community

# FORMING

*cont.*

## FORMING A WRAP AROUND MINISTRY



### Each Foster/Adoptive Family is matched with their own WRAP Team.

Teams include a team leader and team members. Each leader and member chooses to serve at least once a month in the following way:

**W** - words of encouragement, **R** - respite, **A** - acts of service, **P** - prayer

#### WRAP Team Leader

- Can be filled by anyone on the team, no matter their role
- Attends WRAP training and turns in all appropriate forms and background checks
- Attends Meet the Family event to get to know family and team members
- Be the primary contact with the Foster/Adopt Family weekly or monthly to discuss needs, receive updates and prayer requests
- Email WRAP Team and WRAP Coordinator weekly/monthly updates, always offering encouragement for action and gratitude
- Communicate with WRAP Coordinators any concerns or additional support needed, or when a team member is no longer able to serve

#### WRAP Team Member (or make this an entire family serving together!)

- Attends WRAP Training and turns in all appropriate forms and backgrounds checks
- Attends Meet the Family Event to get to know family and other team members
- Receives a weekly or monthly email from their Team Leader and provides support
- Support the Foster/Adoptive Family at least once a month: WRAP!
- Remains flexible and communicates well and briefly with Foster/Adoptive Family while serving
- Communicates with Team Leader any updates

# TRAINING

## WRAP TRAINING OUTLINE

**“If it’s worth doing, it’s worth training.”**

It is very important that volunteers in WRAP Around understand their roles and commitment. Families and kids involved in foster care often experience disappointment, change-overs in case workers and even a lot of abandonment. WRAP Team Leaders & Members should go above and beyond in their commitments. A good rule of thumb is to under promise and OVER DELIVER! Below is a suggested outline for Training Leaders and Team Members.

**Please personalize as appropriate.**

1. Welcome and Prayer - Consider showing a WRAP video called “Say Yes” found at <https://vimeo.com/240063032> )
2. 2-3 minute WRAP Testimony (if possible)
3. Introductions:
  - Team Members (recognize assigned Team Leader)
  - WRAP Coordinator(s)
4. Foster or Adoptive Family Testimony
5. WRAP Training- Share examples of serving & brainstorm new ideas.
  - **W:** Words of Encouragement
  - **R:** Respite Care
  - **A:** Acts of Service
  - **P:** Prayer
6. Tips and Guidelines on confidentiality and safe touch
7. Understanding Kids in Foster care: a trauma introduction
8. Team Folders/Resources/Forms
9. Discuss Meet the Family Event details
  - date, time, location
  - menu & food sign up
  - activities
10. Q & A

# SERVING

## IDEAS AND TIPS FOR WRAP SERVING

### Words of Encouragement

- Write a note, blessing or prayer to your foster family encouraging them on their journey
- Recognize special occasions and send cards for birthdays, anniversaries, etc.
- Send financial gifts or gift card
- Make up a care package with snacks

### Respite Care

- Should not begin until the child has had time to adjust and when their family agrees
- Spend time with the child beforehand with their foster/adoptive parents
- Must be significant enough time to be worth it
- Respite shouldn't be a "vacation." Children must still follow parents' general rules
- Provide childcare for a few hours or pay for babysitters so parents can have a date night
- "I'm taking my kids to the park. Can I take one of your kids so you can have time with others?"
- "When can I help with homework while you spend time with the others kids or just relax?"

### Acts of Service

- Think about what the family needs, but also consider your special skills and talents, like car, house, or yard maintenance, laundry, cooking, etc.
- "Can I pick anything up for you at my grocery run this week?"
- "I have a few hours of free time. Can I help you clean something around the house?"
- "I wanted to make you dinner this week. What day would you like it?"
- Be on-call for gathering supplies if they receive a call for a new child.

### Prayers.

- Pray Scriptures over the family
- Protection of their marriage and children and that child with trust the foster family
- For spiritual eyes to see, for God's truth to be revealed, and for ears attuned to God's voice
- Endurance to continue and support to surround them
- For God's healing of wounds and His strength, patience, grace and understanding of trauma

# SERVING

*cont.*

## IDEAS FOR WRAP SERVING

### When a Child Moves In

- Organize meals for the first two weeks
- Provide paper plates, cups, and utensils (things are busy!)
- Donate socks, underwear, pull-ups or diapers
- Deliver a basket of prepackaged snacks
- Prepare a sensory box as a gift for child/family
- Make a "Cuddle Kit" with a new blanket, pillow and nightlight
- Provide new pajamas, fun toothbrushes and toothpaste
- Recruit friends to write cards to welcome child and place in mail
- Create a welcome basket for the child
- Monogram a cup, water bottle, lunch box, etc. with the child's name on it

### When A Child Is Moving Out

- Provide a new duffel bag, suitcase, or storage box to help the family pack all the stuff the child has received and accumulated during their time with the family
- Offer to put together an album of pictures for the child to take with him or her
- Recruit friends and family to write letters for the child to take with them and open daily as they transition

### General Ideas

- Mow a family's lawn when they get a new placement or are having a hard week
- Help with school supplies, Christmas and birthday gifts, or seasonal items like summer/winter gear
- Prepare activity bags for kids to take to court with them
- Purchase Zoom membership (or other fun activity) so family can bond together
- Sponsor a child's extracurricular activity

# TIPS & GUIDELINES

## Helpful Tips & Guidelines for Your WRAP Around Experience

**Protect privacy and confidentiality.** Do not ask for kids phone numbers, and do not share yours with the kids. Do not ask kids or foster parents specifics about their fostering situations. Anything that you do learn about a child in foster care or the foster family must be held in confidentiality. If there is any concern, talk to your team leader and/or ministry coordinators. Do not take photographs of the foster family or post or share photos online or via email.

**Refrain from gift-giving** to specific children unless planned ahead of time with the foster parent. We don't want to single any child out, unless a special occasion. We are serving the entire family.

**Follow "safe touch" suggestions.** Volunteers do not initiate touching a child (pats on arm, back or head, hand-holding, or hugs) but may respond to child's initiation of appropriate touch within reason. Fist bumps and high fives are positive ways to show affirmation.

**Be specific in the ways you can help support the foster family.** Instead of a vague statement like "let me know when I can help," say something like, "When is your next court date? Can I help with the kids that day?" Here are some other examples:

**Instead of:** You sure have your hands full! Wish I could help somehow.

**Say:** I make a really great chicken soup. Can I bring you dinner on Tuesday or Friday?

**Instead of:** I'd love to help. Call me if there is anything I can do.

**Say:** I love to do laundry. What day can I come and pick up the kids' laundry and do it for you!"

**Instead of:** Let us know if there is something we can do to help.

**Say:** We want to give you a date night. What time can we come over on Saturday to watch the kids?

# UNDERSTAND

## UNDERSTANDING KIDS IN FOSTER CARE

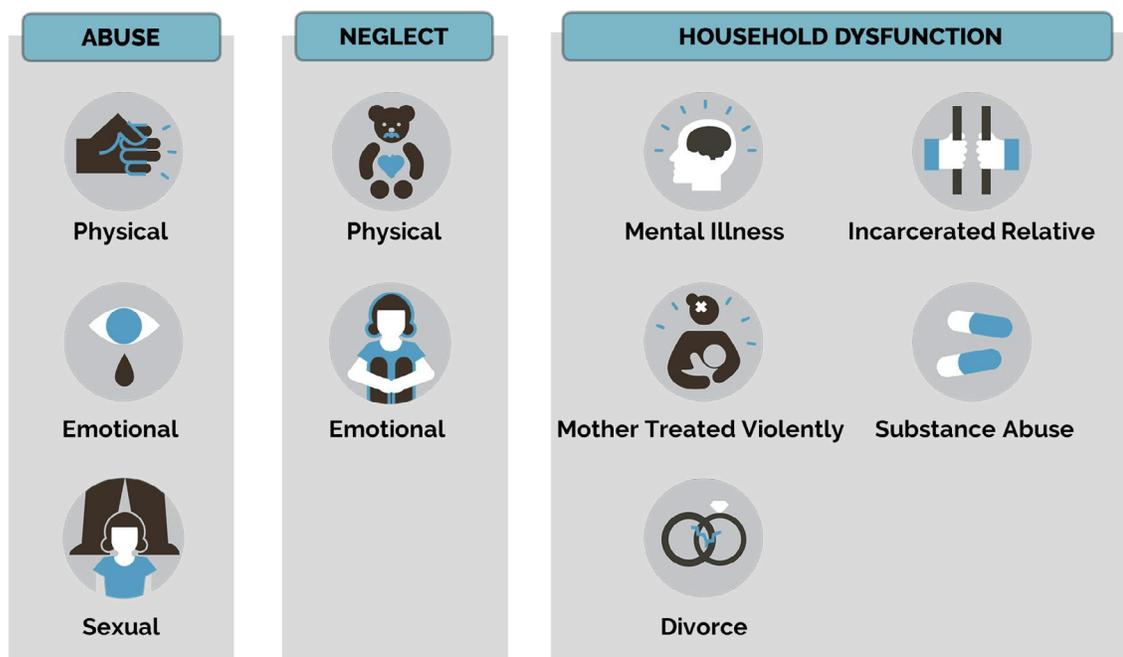
The following two pages of information is just a small piece of a much larger conversation surrounding trauma, toxic stress, grief and loss--all of which are experienced to one degree or another--by kids in foster care. **For a free Trauma Awareness Course, visit [BelongUniversity.com](https://www.belonguniversity.com).** This course builds both empathy and skills for kids and families involved in foster care.

### Understanding Kids in Foster Care

Children placed in foster care may have different pasts, behaviors, and thought patterns than children from safe, stable backgrounds. It's good to have a basic understanding of the impact trauma can have as you serve Foster/Adoptive Families and the children they care for.

### Adverse Childhood Experiences (ACEs)

A child's ACE number plays a significant role in the way children behave, process information, and develop. Children in foster care typically have much higher scores than other children. Each Adverse Childhood Experience equals a traumatic incident. The higher the number of these experiences a child has had directly related to the amount of trauma they need healing from.



# UNDERSTAND

*cont.*

## UNDERSTANDING KIDS IN FOSTER CARE

**According to the National Child Traumatic Stress Institute trauma may look like:**

- Hyperactivity or hypervigilance
- Increased medical problems
- Problems with boundaries
- Oppositional behavior
- Self-destructive behavior
- Difficulties with focusing or regulation
- Sleep disturbances
- Social isolation
- Poor motor skills
- Flat affect or shut down state of being
- Anger and/or aggression
- Reenactment of past trauma experiences
- Altered perception of reality
- Withdrawn or distant

**We should view behavior as the language of unmet needs.**

- Not all defiant actions and attitudes are truly willful.
- Regulating emotions and impulses are difficult for those with history of trauma.
- A quiet, crying, complaining, or controlling child may have sensory issues, become dehydrated quicker, or process information slower.

**Be patient, graceful and nonjudgmental with kids in foster care and the families that care for them. Parenting kids with trauma histories may look different than you expect.**

# MEET

## MEET THE FAMILY EVENT!



### **Each WRAP Team should get to know the family before serving.**

We recommend a WRAP Coordinator also attend the event to help make the introductions and see how the team and family interact.

### **Simply Eat & Play!**

A great way to do this is by meeting at a local park or faith community's meeting space or other neutral location. Spending two hours together, sharing a meal, visiting, and playing is a good way to simply break the ice and get to know one another.

If gathering in person is not an option for some reason, the Team Leader could meet with the family, take some photos, then meet with the team and present a Power Point to help the rest of the team get to know the family.

### **Take a Team Picture!**

Whether you get to know the family in person or another way, please gather as a team before serving and take a team picture. Give a picture to the family and to your WRAP Coordinator.

# WRAP Forms

## SAMPLE WRAP FORMS

### Sample Family Contract

## Guidelines for Foster Parents in the WRAP Ministry

Fill out the family questionnaire. The WRAP Coordinator will contact you and you will be matched with a WRAP team as soon as one is available. The team commits to serving your family for a minimum of one year from launch date.

We will schedule a one hour adult training and a separate two hour Meet the Family Event at your request for everyone to meet your family.

Every adult on your WRAP team will be required to complete child safety training and complete a background check.

Your family questionnaire will be shared with your WRAP team, but please know that we will guard all confidential information. We only ask for the first names of all children.

Communicate with your Family Team Leader on a regular basis. Your Team Leader is there to listen and to help keep your team up-to-date on what your family needs. Notify your Team Leader if you decide at any time to no longer participate in the ministry or if you have any concerns.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WRAP Forms

## SAMPLE WRAP FORMS

We recommend that you customize these sample questionnaires.

Many faith communities have a data collection system and can make forms through their system to make your ministry sustainable and unified. We recommend making the information with \* required.

Please personalize as appropriate.

### Sample Foster/Adoptive Family Questionnaire

This document is on the 4 following pages



**Foster/Kinship/Adoptive Parent Survey**

Please complete this survey so we can get to know your family and best meet your needs.

Name\* \_\_\_\_\_

DOB\* \_\_\_\_\_

Spouse's Name (if applicable) \_\_\_\_\_

Spouse's DOB (if applicable) \_\_\_\_\_

Anniversary (if applicable) \_\_\_\_\_

Phone\* \_\_\_\_\_

Address\* \_\_\_\_\_

Email\* \_\_\_\_\_

Preferred form of communication \_\_\_\_\_

Are you a member at (with community name)?  
 Yes  No

If Yes, what campus? (as applicable) \_\_\_\_\_

Are you in a (small group name)?  
 Yes  No

If Yes, leader name and email: \_\_\_\_\_

**Children:** For each child, please list their first name only, gender, DOB, any special needs you would like us to be aware of, specific triggers (i.e. scents, words, food, etc.) and whether they are biological, foster, guardianship/kinship or adopted (domestic, international, foster, or kinship/guardianship) and their favorite things/activities

Does your family have any food or other severe allergies?  Yes  No

If Yes, specify who and what: \_\_\_\_\_

PAGE 1

PAGE 2

PAGE 3

PAGE 4

Please complete this survey so we can get to know your family and best meet your needs.

Name\*

DOB\*

Spouse's Name *(if applicable)*

Spouse's DOB *(if applicable)*

Anniversary *(if applicable)*

Phone\*

Address\*

Email\*

Preferred form of communication\*

Are you a member at *(faith community name)?\**

Yes       No

If Yes, what campus? *(as applicable)*

Are you in a *(small group name)?\**

Yes       No

If Yes, leader name and email:

**Children:** For each child, please list their first name only, gender, DOB, any special needs you would like us to be aware of, specific triggers (i.e. scents, words, food, etc.) and whether they are biological, foster, guardianship/kinship or adopted (domestic, international, foster, or kinship/guardianship) and their favorite things/activities

Does your family have any food or other severe allergies?\*     Yes       No

If Yes, specify who and what:

Family Make-Up (select all that apply)\*

- Foster Family (active)
- Foster Family (on hold)
- Kinship Family
- Pre-adoptive Family
- Post-adoptive Family

**IF FOSTERING/PROVIDING KINSHIP CARE:**

How long have you been a foster parent?

County?

Agency?

Respite requirements of your agency?

Are you certified to take in medically fragile children?

Yes  No

Do you take in sibling sets?

What age is your home open to?

Who is your main support network?

What are some ways respite care would serve your family?

Anything else we should know about your family?

What are some things we can pray for?

Are you willing to mentor another foster family?

Yes  No

Would you like a mentor?

Yes  No

What gaps in resources/ support do you experience that the faithcommunity could help fill?

**IF PRE- OR POST-ADOPTIVE:**

Type of adoption(s): Select all that apply

- International
- Domestic
- Foster Care
- Guardianship/ Kinship

In international, what country?

Date or projected date of completed adoption?

Who is your main support network?

What are some ways respite care would serve your family?

Anything else we should know about your family?

What are some things we can pray for?

Are you willing to mentor another adoptive family?

Yes  No

Would you like a mentor?

Yes  No

What gaps in resources/ support do you experience that the faith community could help fill?

**Please email a family picture**

Email to (email address).

*NOTE: These will not be used in public without your approval first. We will never post public pictures of foster children.*

**Thank you for sharing with us! We will use what you shared to improve the support and training given to foster and adoptive parents. Thank you again for opening your heart and home!**

# WRAP Forms

cont.

## SAMPLE WRAP FORMS

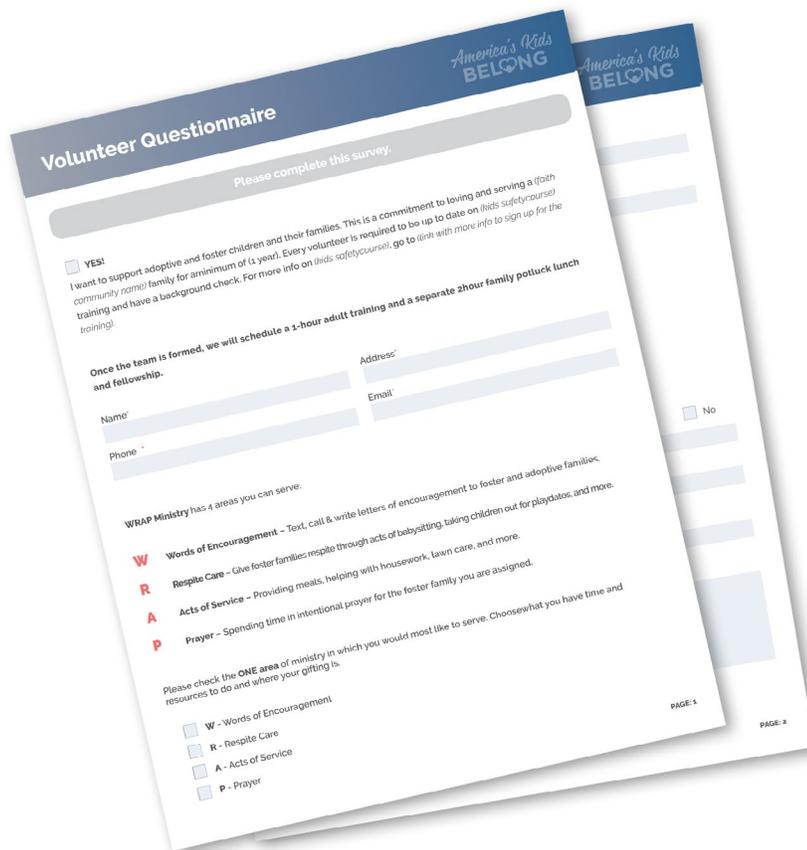
**We recommend that you customize these sample questionnaires**

Many faith communities have a data collection system and can make forms through their system to make your ministry sustainable and unified. We recommend making the information with \* required.

**Please personalize as appropriate.**

### Sample WRAP Volunteer Questionnaire

This document is the following 2 pages.



Please complete this survey.

**YES!**

I want to support adoptive and foster children and their families. This is a commitment to loving and serving a (*faith community name*) family for a minimum of (1 year). Every volunteer is required to be up to date on (*kids safety course*) training and have a background check. For more info on (*kids safety course*), go to (*link with more info to sign up for the training*).

**Once the team is formed, we will schedule a 1-hour adult training and a separate 2-hour family potluck lunch and fellowship.**

Name\*

Address\*

Phone\*

Email\*

**WRAP Ministry** has 4 areas you can serve:

- W** **Words of Encouragement** – Text, call & write letters of encouragement to foster and adoptive families.
- R** **Respite Care** – Give foster families respite through acts of babysitting, taking children out for playdates, and more.
- A** **Acts of Service** – Providing meals, helping with housework, lawn care, and more.
- P** **Prayer** – Spending time in intentional prayer for the foster family you are assigned.

Please check the **ONE** area of ministry in which you would most like to serve. Choose what you have time and resources to do and where your gifting is.

- W** - Words of Encouragement
- R** - Respite Care
- A** - Acts of Service
- P** - Prayer

Are you a member at (faith community name)?\*

Yes  No

If so, what campus (if applicable)?

Do you have a current (small group name)?\*

Yes  No

If so, leader name and email

Are you willing to invite your (small group) to serve with you on a WRAP team?\*

- Yes! I will share this with them!
- Yes, but I would like someone from the leadership team to share at our group.
- Not at this time

Do you have a specific adoptive or foster family you want to serve?\*

Yes  No

If so, who?

Do you have an age preference of children in the home if you are providing respite care?

Yes  No

If so, please specify.

Do you have any medical training or prior experience?

Yes  No

If so, please specify.\*

Do you have any trauma training or prior experience?\*

Yes  No

If so, please specify.

Other comments?

# WRAP Forms

*cont.*

## SAMPLE WRAP FORMS

### Child Information Form

1

Child Name

Favorite Things/Activities

2

Child Name

Favorite Things/Activities

3

Child Name

Favorite Things/Activities

4

Child Name

Favorite Things/Activities



**WRAP**

START **WRAPPING** AROUND!