



QC for Kids Webinar

Fostering Care in ME: Improving the Health Care of Children in Foster Care in Maine

Dr. Adrienne Carmack

Thursday, June 8, 2017

12 - 1 PM

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Audio is available through your computer speakers.

For audio by phone, call (408) 638-0968
and enter webinar code 421-880-334

Today's Presenter

ADRIENNE CARMACK, MD



Dr. Carmack is the Medical Director of PCHC's Key Clinic and CHAMP Clinic, where she has a strong interest in the health care of children in foster care. Dr. Carmack is the head of the Foster Care Committee of the Maine Chapter of the American Academy of Pediatrics.

Residing in Veazie with her husband and 6 children, Dr. Carmack enjoys traveling and loves spending time with her family in the outdoors of Maine. She also enjoys reading, walking, and photography.

RESOURCES

Fostering Care in ME:
Improving the Health Care of Children in
Foster Care in Maine
Dr. Adrienne Carmack

Please right click on the image and select “Open Hyperlink.”

Maine Children's Alliance



2017 | **MAINE KIDS COUNT**

Maine's **only** comprehensive report of the physical, social, economic and educational well-being of Maine children

National Foster Care Month 2017

Empowering Caregivers, Strengthening Families




May Is National Foster Care Month

It's a time to recognize that we each can play a part in enhancing the lives of children and youth in foster care. Find resources and information to help ensure that their future is bright.

Join Our Facebook Campaign



How are you celebrating Foster Care Month? Share your events, see featured resources, and [tell us your stories on Facebook.](#) 

Highlights

Real-Life Stories

Find inspiring stories that highlight best practices in recruitment and retention strategies.

[Read the stories >](#)



[Home](#)[About](#)[Resources](#)[How to Help](#)[Foster Youth](#)[Foster Parents](#)[Blog](#)[Contact](#)

Ways to Help Children in Foster Care (and counting!)

From high involvement to lower involvement, myriad ways exist to show your support for children in foster care. Something [contact me](#). [Last updated May 5, 2017]



Adopt a Foster Child

Foster children long to have a loving, stable family to call their own. Adoption is a lifelong commitment to the child. Children adopted from foster care are less likely to experience homeless and incarceration and more likely to become educated, healthy adults. Search the [National Foster & Adoption Care Directory](#) to find local agencies that can help you with the process.



Become a Foster Parent

In foster care, the children are provided with a safe, nurturing, loving family for a temporary period of time. There are many types of foster care, including traditional care, emergency/shelter care, medical/therapeutic care, relative/kinship care, and tribal care. Search the [National Foster & Adoption Care Directory](#) to find local agencies that can help you with the process.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Maine Chapter

MAAP Foster Care Survey

The Maine Chapter of the American Academy of Pediatrics (AAP) is the recent recipient of a grant from the AAP Council on Foster Care, Adoption, and Kinship Care (COFCAKC): *Health Care for Children and Youth in Foster Care Chapter Project*.

Children and teens in foster care have a high prevalence of chronic medical, dental, mental health, developmental, and educational issues requiring they receive more frequent and detailed health monitoring than other children and teens. The Maine AAP is working with statewide partners to improve the health care of Foster Children in Maine.

The Maine AAP is utilizing this provider survey to assess the knowledge of providers and determine the frequency & timeliness of current care. We appreciate your feedback on these questions and hope you are able to utilize some of the information within this survey in your practice.

Did you know...?

- In 2014 there were **1,855 children** in the custody of the state of Maine. In 2015, **870 children** entered state custody.
- There are **16 local DHHS offices** in Maine. Find your [local office here](#).

1. Please select your specialty:



Foster Care



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[Healthy Foster Care America \(HFCA\)](#) is a website created by the AAP Section on Foster Care and Adoption and its partners to improve the health and well-being outcomes of children and teens in foster care. It includes many resources for foster parents, case workers and health care providers of children in Foster Care.

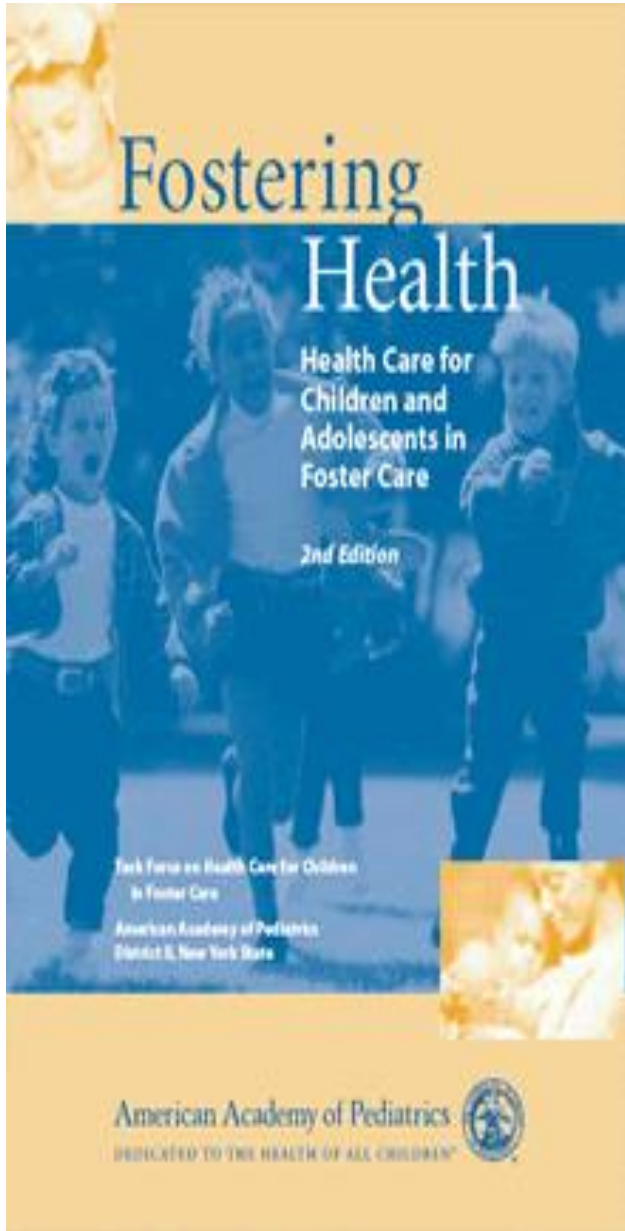


[Healthy Children.org](#) is the only parenting website backed by 66,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

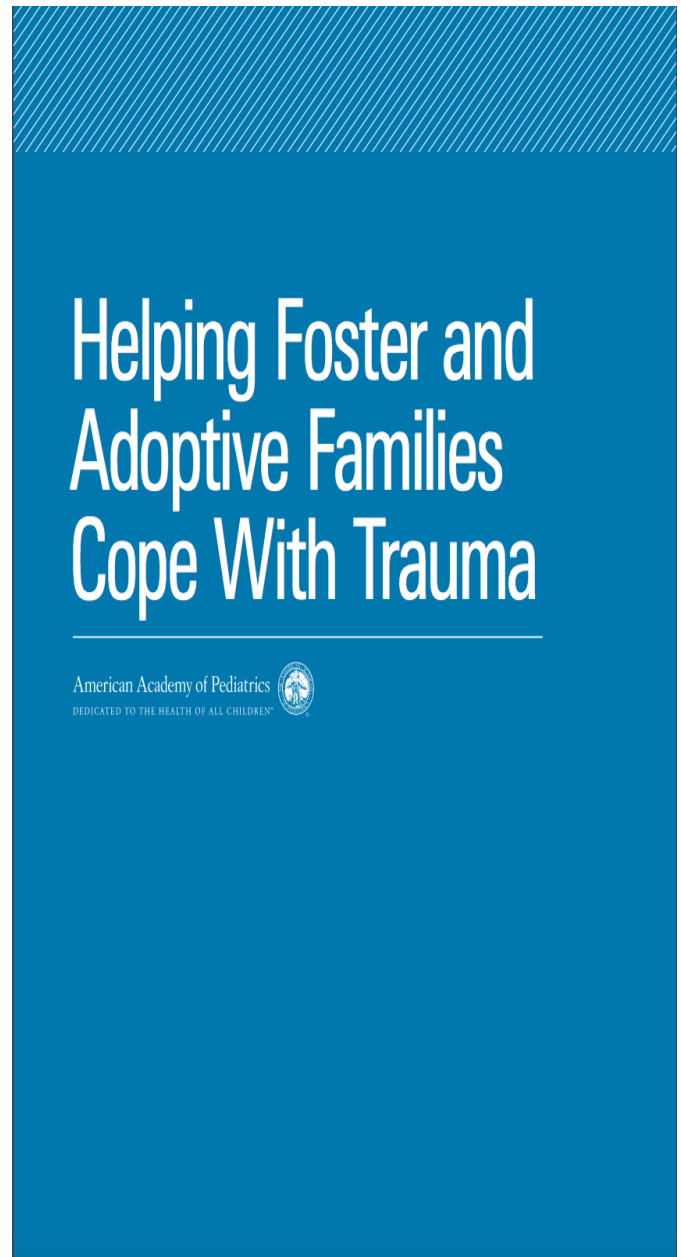
Resource Locator

For provider and family specific resources, click on your county in the map. Local, state, and national resources will be shown.





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TO OPEN HYPERLINK.**



PARENTING AFTER TRAUMA: UNDERSTANDING YOUR CHILD'S NEEDS

A Guide for Foster and Adoptive Parents



All children need homes that are safe and full of love. Children who have experienced severe trauma may need more. Early, hurtful experiences can cause children to see and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past. Knowing what experts say about early trauma can help you work with your child.

Trauma

An event is traumatic when it threatens the child or someone the child depends on for safety and love. Abuse may be traumatic, but trauma may take many forms. It includes neglect, separations, violence between caregivers, natural disasters, or accidents. A frightened child may feel out-of-control and helpless. When this happens the body's protective reflexes are triggered. This can make a child's heart pound and blood pressure rise. The "fight or flight" panic response can kick in.

Some children are more sensitive than others. What is traumatic for one child may not be seen as traumatic for another child. It can be hard to tell what will affect a child. Fear is guided by a child's *perception* of what is frightening. It might be hardest for children who are neglected, even if they are not bruised and battered. These children worry about basic needs like food, love, or safety.

**RIGHT CLICK IMAGE
TO OPEN HYPERLINK.**

A
CHANCE
IN THE
WORLD

*An Orphan Boy,
a Mysterious Past,
and How
He Found a Place
Called Home*

STEVE
PEMBERTON

RIGHT CLICK IMAGE
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GARBAGE BAG SUITCASE

A MEMOIR



SHENANDOAH CHEFALO