

Name: _____ Date: _____

Topic: Natural Supports (March 2020 Support Group Training)

Ongoing Training Credit: 1 hour

Volume 7 Tags: Administrative Procedures and Program Goals (7.708.65.C.3)

VIDEO: BUILDING NATURAL SUPPORTS (page 2)

Watch the video of foster parents talking about building supports in their foster care journeys. Video is under March Support Group at hopeandhome.org/supportgroupcontent

1. Pretend that you are being interviewed for this video. What would you tell new foster parents about the need for support in foster care?

2. Think about a time that you supported someone else. How did that make you feel? How did it make them feel?

3. What are two takeaways from this video that stuck out to you?

SUPPORT SYSTEM INVENTORY FOR FOSTER PARENTS (pages 2-3)

Fill in the Blank

4. What was your score on the support system inventory? _____
5. Did you expect the score you received before completing the inventory or was it a surprise to you?

6. How did receiving that score make you feel?

Continued

Natural Supports
Support Group Makeup Quiz, Continued

7. If you are married and your spouse also completed the inventory, compare and contrast your scores. Were they similar or were they drastically different? Reflect on why they might be different:

8. If you received a low score, what are a few practical steps you can take to work towards building more support in your life?

9. If you received a high score, what are a few things you have done in order to build those supports in your life?

10. Has there been a time where you needed support and didn't receive it? Reflect on that experience.

11. Has there been a time where you needed support and received it? Reflect on how that extra support helped carry you through.
