

Tidewater Friends of Foster Care



ANNUAL REPORT 2019-2020



Tidewater Friends of Foster Care

2019–2020 Annual Report

Our Mission

Tidewater Friends of Foster Care (TFFC) is committed to enriching the lives of foster children in our community, because we believe that every child deserves an opportunity to thrive! Due to the inherent instability in family environment, foster children often miss out on key elements of a healthy and happy childhood, such as consistent family routines, enrollment in a single school system, and participation in enriching activities. Consequently, these children struggle emotionally and academically, with outcomes reflecting this strife.

Through our philanthropy, TFFC strives to ensure that children in the foster care system have access to resources that afford them the opportunity to thrive.

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LETTER from the PRESIDENT



President

Over the past year, the world has changed in profound ways—some great, some tragic, many unforeseen—and without a doubt, things will likely never return completely to the way they were. Throughout these changes, we have worked hard to ensure our mission moves forward and that our initiatives and tools evolve to meet the varying needs of youth and families in foster care. It certainly has been a challenge, but this year's work has felt meaningful in ways that truly matter more than ever before.

The population we serve is a vulnerable one, with many inherent challenges stacked against them and yet, they are a group who have strengths beyond most—principally born out of past adversity and the resilience required to navigate it. In a time when it is imperative to stand up and reaffirm that Black Lives Matter, we must also reaffirm that the lives, wellbeing and rights of these children matter. To that end, we have put every ounce of our energy into ensuring the children we serve are afforded access to those things they need, get the equity they deserve and have advocates to protect their rights and amplify their voices.

It takes a big village to care for these children and I am personally grateful for all the people who have come together in support of our foster care population—parents, social workers, guardians, judges, advocates, sponsors, volunteers, and friends. Caring and compassion is what it's all about and it makes an immeasurable difference for children and families in our community who have fallen on hard times. We must never forget that our community is a fabric of individuals and families woven together and if we allow this fabric to fray at any point, the entire community weakens.

To all who have supported us this year in our mission to make a difference for children and families in foster care, I send you my heartfelt thanks ... together we are making a difference!

Audra Bullock

President, Tidewater Friends of Foster Care

Lucha Gullock

OUR BOARD & OFFICERS

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Resource Manager Norfolk Human Services





As of the end of May, there were 5491 children in the foster care system in Virginia—a number virtually unchanged from the previous year at that time. Across the state in 2019 there were over 4200 substantiated cases of neglect and/or abuse out of the nearly 40,000 cases received and accepted by Child Protection Services. Of the children in foster care, approximately 50% reported neglect, 30% reported parental drug abuse, 15% reported physical abuse, 7% reported incarceration of a parent, 5% reported sexual abuse and 15% reported inadequate housing (note multiple factors may be reported for any given foster care case). Foster children range in age from newborn to 20 years old (through the Fostering Futures Program, youth can stay in foster care in VA until their 21st birthday), with the two largest populations by age range being one to five years old and 16 to 18 years old. Children are spending an average of 19 months in foster care in Virginia, with the shortest average stay in care being approximately 10 months for those who are returning home to birth parents and the longest stay in care being approximately 30 months for those who are adopted.

No matter how you look at the numbers, this is a hard circumstance for children ... 10 months, 19 months, 30 months is an enormous amount of time in the life of a child! And in those months the quality and stability of care they experience can make or break their outcome. That's why it's so important to have a caring community of people around them, not just foster parents and social workers, but also advocates, supporters and volunteers who make it possible for those on the front-lines to show up day after day, sending these kids the message **"You are important."** Without that message, without that consistency, these children carry self-doubt, blame, insecurity, and mistrust to home after home. Nearly 60% of children in foster care in Virginia









have three or more homes while in foster care and 14% have six or more homes—Yes! Six or more messages that they are to blame for their circumstance and they are not worthy of unconditional love.

What about race and ethnicity? While it is uncomfortable to think about, it is important to understand that racial disparities exist within the foster care system. In the Eastern Region (Tidewater area) of Virginia, just under 50% of the children in foster care are Black, 37% are White, 11% are multiracial and 7% are Hispanic. This distribution does not parallel the population and consequently, Black children are approximately three times more likely to be involved in the foster care system than White children in this region. Given the aggregate outcomes of young adults who have been involved in the foster care system—exceedingly low high school graduation rates (between 25% to 60% depending on the length of time spent in care), homelessness and incarceration (nearly 50% for those aging out of foster care), early and single parenthood (as high as 96% for young women without high school degrees) and the long-term health impacts of childhood trauma (significantly increased risk of heart disease, stroke, cancer, and diabetes)—it is evident that the foster care system can and has disproportionately pervaded the Black community in spite of best efforts to avoid doing so.

Systems have a tendency to do this from time to time, especially when implemented through subjective decisions driven by highly emotional choices. The very system whose intention is to protect the vulnerable and minority groups, sometimes serves to entrap an even larger amount of people within this group by failing to break the cycles that spiral inward on future generations. Of course, this is not by design or desire, it is a matter of good intentions convoluted by process systems. Is there a systems solution where foster care eventually ceases to exist? Maybe; in fact, for the sake of anyone involved in the foster care system, hopefully so. Is our current foster care system moving in that direction? We believe that it is. And while the tides are moving in a positive direction, truly lasting change will take significant community involvement to build momentum for individual, family and community healing.

Our Program Updates

TUTORING

Certainly, the 2019-20 academic year will be one that goes down in the history books and unfortunately for many it will be the lost academic year. Fortunately, that is not the case for students in our tutoring program. As the pandemic began to shut down the school systems in mid-March, we quickly revamped our tutoring program to be conducted entirely in the virtual realm. For those students without computers to participate in Zoom-Room tutoring sessions we supplied ChromeBooks—more than 65 to date—and our tutors began the process of working one-on-one with students through video conferencing. Virtual tutoring worked better for some than others, but we maintained 80% of our existing tutoring relationships and we enrolled more than 30 new students during the school shutdown.

We also quickly recognized that our standard allocation of one to three hours per week of instruction would not suffice to help students navigate their new "home-school" curricula. So, we increased our allocation of tutoring up to 10 hours per week. Many took advantage of the additional support and our "contact" hours nearly tripled over the remainder of the school year.

We are so proud of our tutoring staff who managed the program seamlessly through this transition and we are also very proud of all our tutors who took on new methods in pedagogy to deliver instruction to meet the needs of our clients. And within this new normal, we have added a very important element to our tutoring program going forward—virtual tutoring.

For students in foster care, the most important element to educational success is stability. Unfortunately, children in the foster care system move homes and school systems at a rate of more than five times their non-foster-care peers. Foster youth are twice as likely to have excessive absences and three times more likely to be expelled than their peers. By 18 years old, over one-third of foster youth have experienced more than five school changes.

One of the most important tenets of all our programs and especially our tutoring program is providing consistency and stability in the lives of the children we serve. We incentivize our tutors to follow their students through moves within the foster care system and through exiting the system (back to birth family). Some of our tutors are able to accommodate this, driving an extra 60 miles for each tutoring session to maintain the important relationships they forge with their students. Others, however, are not. With the new virtual component to our tutoring program, following students and maintaining relationships is now easier than ever. And those relationships can become a lifeline for a young person who through no fault of their own becomes overwhelmed with tumultuous change. Out of adversity and strife arises a new opportunity to help these children succeed!

TUTORING SUCCESS STORY

Bella, a ninth grader, was working with her tutor once a week on math and organizational skills, before COVID changed everything. With schools shut down, and our tutoring program moving to virtual sessions only, her tutor began meeting with her two to three times a week between one to three hours per session to help her navigate the new home-school environment. Together, tutor and student got through school assignments, usually picking one subject matter per day as the focus. While some of the content was difficult to address virtually, they worked diligently to persevere, which paid off with Bella passing all her classes! Recounting their time together, her tutor said, "I am really proud of all of the hard work she put into passing everything this semester."





THANK YOU TO OUR **TUTORING SUPPORTERS** Thank you to this year's tutoring program sponsors: Sue Cook-Winfrey Fund and Community Leadership Partners of the Hampton Roads Community Foundation, Beazely Foundation, American Borate Company, Wells Fargo Foundation, Connect With A Wish, Chesapeake Bay Wine Classic Foundation, Norfolk Rotary Charities and Kiwanis Club of Norfolk, along with all our individual donors who support this program. Lives are changing for the better because of you!

A LETTER OF GRATITUDE

Dear Andra Bullock, [wanted to thank you for allowing me to tutor for this extraordinary program that you preside over. In my 28 years of experience of teaching I can see that Tidewater Friends of Foster Care is a well-run program where the foster students get real time benefits that help them succeed. I find it so emotionally overwhelming what some of these children go through on a daily basis, and it is awe-inspiring

heartfelt to continue to see how this tutoring program lightens these children's load, and creates a sense of purpose, and goals within each student.

In all of my years of teaching I have not been able to see growth of this kind at every level that a student would require. To give these children the time they need to learn, the assistance with skills, and even computers has brighten these children and their foster family's lives. Mostly, this has made me very happy to be a part of this family centered organization.

Sincerely, Rebecca Roberts Teacher Tutor





OUTREACH

Foster Care Aware

This year more than any in the past, we have promoted the importance of community engagement in foster care. There is no doubt that the daily stressors (economic pressures, lack of daily childcare/schooling, feelings of overwhelming anxiety, depression and despair) that track with the causes of children entering foster care are more pervasive in our communities and families than ever before. And since the shelter-in-place order, the vast majority of us have been behind closed doors, out of view. This sets up the conditions for a surge of children entering foster care both now and once the normal state of affairs resumes. We feel it is critical to be proactive in helping to prepare the foster care system with an army of parents ready and waiting to care for these children in the event they do enter foster care.

This was the focus of our Foster Care Aware Event in May 2020. And with the COVID shutdown, like everything else, we took this initiative into the virtual realm, holding a month-long Summit on foster care. It turned out to be the most incredible and impactful event of the four years we've been hosting Foster Care Aware!

The 2020 Foster Care Aware Virtual Summit provided 40 daily segments on all aspects of foster care from local foster care agency features to nationally recognized experts in foster care. The content can be accessed through our Foster Care Aware Guide at **tidewaterffc.org/fcanextsteps**. It was an incredible production put together by a power duo—Erin Lindstrom and Derek Munn—in true heroic style.

We had over 460 people register for the Summit, 408 people attended, we had an average viewership of 186 people each day with a peak engagement of 229 people—we even had a huge Memorial Day turn out at 184 people present. Individuals joined in from all over the US, with 24 states in total represented: (VA, TX, FL, OR, CO, MD, GA, WA, NC, CA, SD, MN, NV, PA, WI, WV, NY, HI, RI, AZ, LA, OK, NE, IL). Through the Summit we have seen an enormous surge in volunteerism, supporters, and advocates and most importantly of all we had 93 people say YES to foster care parenting. Simply AMAZING!

Of course, we missed getting all the families together for a day of fun like we usually do at the Harrison Opera House and we missed hosting our Art Auction and Gala. All things considered, the Foster Care Aware Summit was an overwhelming success and a must do for next year!



1 MONTH

May 4 - May 29, 2020 2 Daily Segments at 10am & 1pm

FOSTER PARENTS

SAID "YES!"

THEY



100% SUCCESS



^{*} We had viewers from VA, TX, FL, OR, CO, MD, GA, WA, NC, CA, SD, MN, NV, PA, WI, WV, NY, HI, RI, AZ, LA, OK, NE, IL















Prospective Parent Program

In conjunction with Foster Care Aware, we launched the new Prospective Parent Program to help guide people through the decision process. The Prospective Parent Program is our way of supporting people who are considering fostering by providing them with emotional support and accountability they need to thrive through the process. Through our program, prospective parents join a Parent Pod where they learn skills and tools to help them navigate the system, choose a licensing agency, and connect with other people on similar journeys. Prospective Parents have their questions answered by professionals and other parents, and are paired with a personal coach so they can talk through the ups and downs and get the support they need throughout the whole process.

Our goal is to bring more people into the sphere that cares for these children and their families and support them throughout this incredibly important journey.

SPECIAL EVENTS

We had several amazing community-led special events this year. It started in November 2019 with the Bears and Bags Drive by The Danny Show on iHeart Radio's Movin 107.7. They collected hundreds of back packs and teddy bears to comfort and help foster children through the holiday season. It was incredible to see!

In February 2020, we received an incredible donation from Western Branch Philanthropy Group. Over 200 duffle bags, hand decorated and filled with toiletries, blankets, stuffed animals, coloring books and all kinds of things children entering foster care would need, were lovingly provided to help ease one of the toughest days in a child's life.

FOSTER YOUTH TRAINING

As most things this spring, the Independent living training was cut short and our cooking lesson, banking class, and shopping on a budget challenge will be pushed into next year. However, we did offer some exciting training opportunities for teens in foster care. This year's curriculum included an exercise and wellness class at the YMCA where the youth learned about fun ways to keep fit and then participated in a group workout. A big thanks to Seth Cottom of Blocker Family YMCA for coordinating this exceptional class. We also had a two-part series on Leadership and Goal setting led by Camica Credle, who engaged the



We followed this series with a College Fair, with nine local organizations discussing post-secondary options for our high-schoolers.

PROFESSIONAL AND FOSTER PARENT TRAINING

In partnership with the Barry Robinson Center, TFFC brought in Mary McGowan, a nationally renowned expert on Attachment and Trauma in Children, to provide the Hope For Healing training for social workers and foster parents. This intensive training provided evidence-based insight for those struggling with problem behaviors, with humor, grace, and researched neuroscience. Participants learned about adult and child attachment styles, arousal levels linked to survival mechanisms in the brain, behaviors associated with attachment difficulties and developmental trauma, as well as strategies for attachment-focused parenting and teaching.

participants in team activities to introduce concepts of strengthening leadership, responsibility and success.

EXTRACURRICULAR ACTIVITIES

Even though the year was cut short for activities, we supported 119 separate activities for kids in care of all ages. From Mommy and Me swim lessons for infants, to singing lessons for tweens, to driver's education and intellectual pursuits for young adults, we've helped foster kids engage in healthy and enriching activities that will benefit them over the long run.

Also this year, we expanded our YMCA partnerships to include the YMCA of the Virginia Peninsulas! With 14 locations, this is going to really help foster children and families across the Peninsulas.

Throughout the pandemic, the YMCA of South Hampton Roads offered robust virtual programming for our foster care members (more than 260 strong) that made a difference for families sheltering-in-place while schools were out.











GIFTING PROJECTS

The 2019 Holiday Project was simply unbelievable—535 children were served through the amazing generosity of our sponsors: a 40% increase from last year! This increase in support allowed us to reach out further across the region, serving more children and families than ever before.

Through the birthday project, 350 children had their birthday wishes granted over the past year. It is so important to acknowledge these special times for children, especially while they are away from their families. While COVID changed everything, it didn't stop our volunteers and supporters from going the extra mile to make the children we serve feel extraordinary on their birthday—a birthday parade is the next best thing to a party and nothing beats hand-made birthday cards!

Thank you to our sponsors and volunteers for making this possible!

CAMPING

Summer camps have been particularly challenging this year, however, through our partnership with the YMCA, we have offered safe access to two regional day camps – Camp Red Feather and Camp Arrowhead. In times like these, the opportunity to get out of the house and safely play with friends at camp can be particularly impactful! One of our campers reached out in a special way to say "Thanks!"

Last year, we sent 43 kids to a total of 138 weeks of camp and while this year will likely not have the same level of demand because of the pandemic, there are sure to be a lot of kids who made the best out of a summer we'll never forget.



Sincerely (heart above letter i) Amontae,"



Development & Investment

Our programs are made possible through the unbelievable kindness of our donors, sponsors and supporters. Our commitment is that for every dollar given to TFFC, we invest at least 90% in programs that directly benefit foster youth. We rely heavily on volunteers to ensure our administrative costs are as low as possible and our impact in the community is maximized.

In Fiscal Year 2019, we invested 93% of all donations in program services!

As we continue to grow, we are committed to keeping our pledge of efficiency and efficacy in serving foster children and families across Hampton Roads. The TFFC President, Audra Bullock, continues to serve on a voluntary basis and all our other program leaders, officers, and board members also donate 100% of their time to make sure that every dollar donated is a dollar invested to improve the outcomes for youth in foster care.

Here's how we are investing in our foster youth:

INVESTMENT DEVELOPMENT 15% Outreach / Recruiting **Tutoring Program** Individuals 6% Camp Program Foundations & Corporations Holiday/Birthday Gifts In-Kind Extracurricular Activities 2% Other Administration Fundraising

Our Donors & Supporters

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	Girl Scouts of the Colonia Coast	Old Dominion University	YMCA of South Hampton Roads
	Girl Scouts Troops 585 & 396 (Norfolk)	Optima Health	YMCA of the Virginia Peninsulas
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We sincerely apologize for any inadvertent omissions or errors.

Please contact Tidewater Friends of Foster Care Development Office at 757-227-4187 for corrections.

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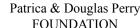
















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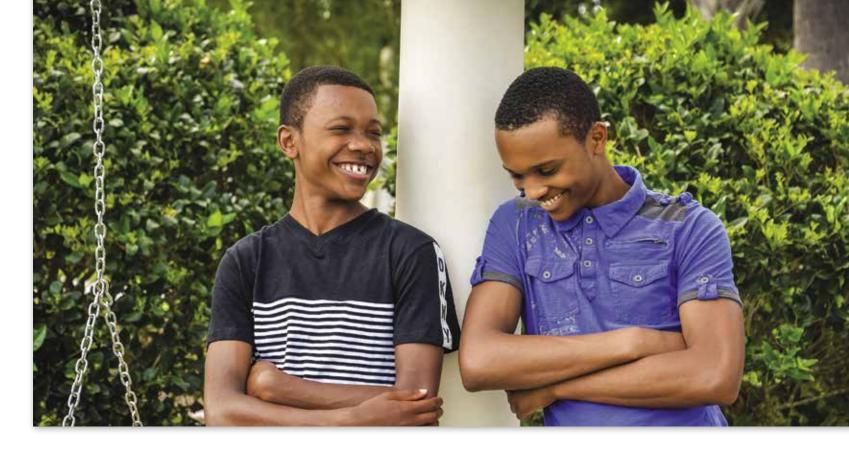








If you are interested in becoming a Tidewater Friends of Foster Care sponsor, please contact us at info@tidewaterffc.org.



Outlook for the Future

As we look forward, we are fueled by the incredible response we received from our call-to-action during the COVID crisis. Individuals from all across the country stepped up and said "Yes! I want to be a part of the solution." We had volunteers helping us ensure birthday gifts were still delivered on time to children, despite the shutdown. We had over 460 people sign up to learn how to get involved in helping children and families in the foster care system. We had sponsors providing laptops for kids who needed them to continue in their new home-school environments. We had tutors completely shift their pedagogy to the virtual realm so they could maintain the relationships and academic progress of their students. We had sponsors assemble and distribute Easter Baskets, not just to foster children, but all children in our local foster homes. We have Girl Scout Troops and community groups create homemade birthday cards to make sure the kids we serve felt special on their birthdays. And we had donors step up their pledges and donations in the midst of a financial crisis, so that the families we help don't fall back into the realm of being unseen and unserved.

So even with much uncertainty ahead, we believe the future is bright! Now more than ever, our faith in the community—a community who cares—to partner with us in making a difference is strong. With this remarkable support, we will continue to expand our services to reach more children and families across Hampton Roads. With the safety of all those we work with in mind, we will continue our virtual and non-contact services until the pandemic is under control. We will take lessons from the efficiency and utility of our virtual services and plan to fold them into our in-person services on an ongoing basis in the future.

We are very optimistic about our Prospective Parent Program as well. There are a thousand reasons to say "No" to foster parenting. Through our Prospective Parent Program, we are giving people the reasons to say "Yes," along with support to complete the journey through the decision process, be successful in choosing a licensing agency, and feel confident in parenting foster children. Also for those who decide that now is not the right time, we connect them with avenues to advocate for children and families in foster care.

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Thank You Notes

I thank you so much for the tablet you gave me for my bortholog. I really love my gift. Thank God for you. Merry Christmas!

Dear 47C c Blessed Sacrament Chauck Thank you so much for your gifts, The Nechlace, gift Carol is hat or game. dt made Christman Special to receive Them.

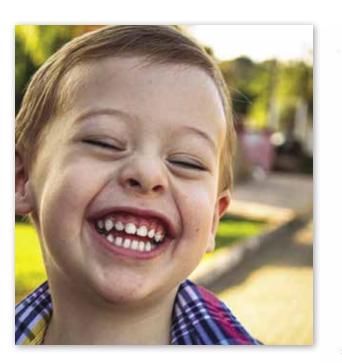
Thank you so much for supporting both our little girls this Christmas. The toys were absolutely perfect and they enjoyed opening and Playing with them. Thank you again for your generalty.

> Blessings Amanda

"Thank you for making Jasper's birthday extra special &

Jaspers Foster & Family

Thank you for my amazing Birthdog Presents, I Loved them all. I am lucky to have them. I already Started coloring and I think the Discovery Genstones 9:4+ was very interesting. Trank you



Thank you so much for helping to make makynzies ymas a wondeful time for her. She was so happy for her Barbies.

Thank You Very Much, I was so Happy. Thank YOU agaIN, LOVE YOU

Makayia

My husband John + I wish to say Happy New Year to you typers - And h Thank you for you abundantly thoughtful, Sweet, + ginewas gith to au little Josiah. He is 21/2 and your gifts on perfect. His formule is the School byhe altereds a little purched 2 mornings a with (+ love it) - so to love this toy! The food bench + legas + we book + got st! So fur!!

you love just proved out of your brankfill wrapp D + sweet presents. It had a lovely Christmas mason, who friels, his "extended formy " (us), and lets of walker to see nest Christmas (13Hs (11 Ho- Ho's) we love him buyard words.

Thank you for extending your love + joy of the peason to Josist, + to

all the best always,

Swin + John



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