



FAIRFAX 4 FAMILIES KIDS

Program Information and Guidelines

About the Program

Fairfax Families4Kids is a mentoring focused permanency program for adolescents and young adults in foster care, kinship families or at risk of re-entering foster care. **Fairfax Families4Kids** provides regularly scheduled community events, educational, social, and recreational activities as an opportunity for youth to learn independent living skills for transition into adulthood and spend quality time with mentors and potential adoptive families. Events are also an opportunity for the community to get to know the youth on a personal level, particularly families in the community who are interested in adopting, fostering or mentoring. The events are typically scheduled twice a month and are always accompanied by staff, mentors and community volunteers and partners.

Program Purpose

The purpose of **Fairfax Families4Kids** is to complement existing county services by supporting the older youth in forming healthy, positive, permanent relationships with caring adults and peers through group and individual mentoring activities. These activities are focused on 4 main outcome areas:

- **INTERPERSONAL & SOCIAL SKILLS:**
Potential topics: conflict resolution, effective communication and working with others, self-advocacy, meaningful participation and positive behavior in the community, problem solving, accepting differences, identifying interests
- **LIFE SKILLS NEEDED TO TRANSITION TO A SAFE AND SUCCESSFUL ADULTHOOD:**
Potential topics: basics of home economics, budgeting and money matters, resources sharing on local services for housing and mental health, medical insurance, banking, healthy eating and food preparation, exercise and leisure skill development
- **JOB AND EDUCATIONAL SKILLS:**
Potential topics: resume writing, interview skills, dressing appropriately, transportation options, career exploration, continuing education resources, computer skills
- **SELF IMPROVEMENT SKILLS:**
Potential topics: stress management, positive self-image/worth, exploring leisure interests, building confidence, managing anger, building trust, goal setting

Eligibility Criteria

- Youth ages 12 – 21 referred through their DFS Foster Care Worker, case manager or other professional working with the youth
- Youth must be able to function safely in group community activities
- Social Worker or designee must attend the first **FF4Ks** community event with the youth or Program Coordinator schedule a meeting with Social Worker and youth regarding appropriateness of youth for the program
- All youth participate in group-mentoring prior to being assigned a 1-1 mentor
- Assigned 1-1 Mentors are jointly approved by **FF4Ks** Program Coordinator, mentor, youth, and Social Worker

Contact Information

For more information about **Fairfax Families4Kids**, please contact: Jernita Smith, Program Coordinator at (703) 324-7518, or jernita.smith@fairfaxcounty.gov.



Youth Application – Referral Form

Today's Date:

Referral Information:	
Name of person completing form:	Title:
Work phone:	Cell phone:
Email address:	
Relationship to youth:	
Are you interested in a 1 on 1 mentor match for this youth: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Reason for referral to Fairfax Families 4 kids: <i>(please also fill out the transition assessment attached)</i>	
Youth's Permanency goal:	

Youth's Information:	
Youth's full name:	Nickname:
Age:	DOB:
Gender:	
Child's current placement: <input type="checkbox"/> Foster Home <input type="checkbox"/> Adoptive Placement	
<input type="checkbox"/> Residential Placement <input type="checkbox"/> Kinship Placement	
<input type="checkbox"/> Group Home <input type="checkbox"/> other: _____	
Name of caregiver(s) at placement:	
Address:	
Phone Number:	Email address:

About the Youth:	
School youth attends:	Current grade:
Date youth entered foster care:	
Known Allergies:	Medications:
Youth's interests or hobbies:	
Youth's strengths:	
Specific areas of focus needed: <i>(please highlight anything from the attached skill set checklist that you feel is a pertinent need of this youth)</i>	
Special needs, medical concerns, trauma history or possible issues to be aware of:	
Pertinent family history <i>(i.e. relationship with Biological family, do they have siblings in foster care):</i>	
Additional Comments:	

Fairfax Families4Kids

Skill Set Checklist

Please check all the skills that you feel the youth could use help with developing. Star those that you feel are a priority for this youth to develop.

Date: _____

Youth's Name: _____

Self-Improvement Skills	Interpersonal/Social Skills	Life Skills	Job/Education Skills
<ul style="list-style-type: none"> <input type="checkbox"/> Positive self-image/worth <input type="checkbox"/> Character development (morality; respect; integrity) <input type="checkbox"/> Decision making <input type="checkbox"/> Understanding consequences of actions <input type="checkbox"/> Writing personal goals <input type="checkbox"/> Building confidence <input type="checkbox"/> Celebrating strengths <input type="checkbox"/> Celebrating accomplishments <input type="checkbox"/> Identify source of happiness <input type="checkbox"/> Decreasing depressive symptoms <input type="checkbox"/> Managing anxiety <input type="checkbox"/> Managing anger/aggression <input type="checkbox"/> Coping with stress <input type="checkbox"/> Building trust <input type="checkbox"/> Unpacking the "no" <input type="checkbox"/> Consider adoption as an option 	<ul style="list-style-type: none"> <input type="checkbox"/> Positive Interaction with peers/families <input type="checkbox"/> Positive Interaction with authority <input type="checkbox"/> Identify with groups <input type="checkbox"/> Pro-social bonding <input type="checkbox"/> Meaningful participation in the community <input type="checkbox"/> Understanding culture and differences <input type="checkbox"/> Identifying interests <input type="checkbox"/> Effective verbal communication <input type="checkbox"/> Effective non-verbal communication <input type="checkbox"/> Accepting differences <input type="checkbox"/> Problem solving <input type="checkbox"/> Exhibiting flexibility <input type="checkbox"/> Positive behavior in the community <input type="checkbox"/> Learning boundaries <input type="checkbox"/> Bullying/cyber bullying 	<ul style="list-style-type: none"> <input type="checkbox"/> Nutrition/healthy eating <input type="checkbox"/> Food preparation <input type="checkbox"/> Exercise/physical activity <input type="checkbox"/> Accessing benefits/resources <input type="checkbox"/> Managing medication <input type="checkbox"/> Abstaining from alcohol use <input type="checkbox"/> Abstaining from tobacco use <input type="checkbox"/> Abstaining from drug use <input type="checkbox"/> Safe sex education/understanding of sexuality <input type="checkbox"/> Alternatives to violence <input type="checkbox"/> Attaining Identification Cards <input type="checkbox"/> Transportation/travel training <input type="checkbox"/> Laundry <input type="checkbox"/> Obtaining housing <input type="checkbox"/> Home cleanliness <input type="checkbox"/> Home safety <input type="checkbox"/> Budgeting finances/saving <input type="checkbox"/> Leisure skills (+ use of unstructured time) <input type="checkbox"/> Obtaining resources in the community 	<ul style="list-style-type: none"> <input type="checkbox"/> Importance of timeliness and time management <input type="checkbox"/> Teamwork <input type="checkbox"/> Attaining work clothes <input type="checkbox"/> Personal hygiene/appearance <input type="checkbox"/> Using a planner/calendar <input type="checkbox"/> Computer skills <input type="checkbox"/> Resume writing <input type="checkbox"/> Cover letter writing <input type="checkbox"/> Completing job applications <input type="checkbox"/> Interview skills <input type="checkbox"/> Homework help <input type="checkbox"/> G.E.D. preparation <input type="checkbox"/> College applications <input type="checkbox"/> FAFSA/scholarship applications