

Glossary for RAFT Session 5 Courses

- **5.1 Resilience and Next Steps**

HOW TO USE THIS GLOSSARY

This glossary explains words and terms you may see in the RAFT Session 5 courses.

Words are listed in alphabetical order (A-Z). If you see a word you don't know, look it up by the first letter of the word

Each word has a short, simple definition. Some definitions may include examples to help with understanding.

If a definition includes another bolded word, you can look up that word in the glossary too.

You can use this glossary anytime while you are learning. It's here to help you better understand the RAFT content.

Glossary for RAFT Session 5 Courses

211

Is a resource and referral hotline helping people identify, navigate, and connect with the local resources they need.

Caregiver Burnout

Is when you become physically, mentally and emotionally exhausted after a lengthy period of overwhelming caregiver stress.

Foster Parent Night Out (FPNO)

Foster Parent Night Out is a free monthly event where resource parents can drop off all the children in their home - children in foster care as well as adopted and biological children, for four hours of rest and recharge. Children are entertained, fed a meal, and connect with the same group of trained, caring volunteers.

My NeighbOR

My NeighbOR is a program that provides tangible needs to resource families from their community. My NeighbOR is an online portal where resource families can post any needs they have, and community members step up to fill the needs.

Peer Mentorship

peer mentorship strategically matches experienced resource parents with newly certified resource parents in their first 2 years to walk through a 12-week guided curriculum.

Glossary for RAFT Session 5 Courses

Project Lemonade

The Project Lemonade Store is open year-round to serve the needs of foster youth. The store provides a welcoming retail environment for youth ages 5-24 to shop, free of charge, for new and on-trend clothing, shoes and accessories. Foster youth across the state can also shop online.

Resource Family Training Catalog

Is a catalog that lists available trainings for resource and adoptive parents to support their knowledge and skills in caring for children and youth.

Resource Guide

The Every Child Resource Guide is designed to be a helpful starting point for resource families looking to find community resources to support them on their parenting journey.

Resilience to General Life Stress

Is the ability to function well when things in life are difficult.

It looks like:

- Hope, optimism and self-confidence
- Problem solving skills
- Ability to manage negative emotions
- Practicing regular self-care
- Willingness to ask for help

Resilience to Parenting Stress

Is the ability to nurture and support the child during times of stress.

It looks like:

- Not allowing stress to interfere with nurturing
- Maintaining a positive attitude about parenting and the child
- Ability to regulate emotions to co-regulate with the child
- Continued self-care to be present and attuned to the child

Glossary for RAFT Session 5 Courses

State Park Pass

OPRD offers free camping and day-use parking to Oregon foster parents, guardians and parents who have adopted Oregon foster children. The foster children must be present during the park visit. You may camp overnight for free in a tent, RV or standard horse camp site for up to four (4) nights in a calendar month. Your pass does not apply to yurts, cabins, other special park facilities, or fees charged to drive an extra vehicle to a campsite (the first vehicle driven into a site is free). The pass does apply to foster parents and children visiting the state parks that charge a day-use parking fee.