

Conflict Resolution Support Opportunity for Youth, Group Home Staff, and Caregivers

The Need:

During this time as we continue to navigate challenges associated with the outbreak of COVID-19, anxiety, fear, and stress levels increase for many. The virus is creating additional stress and possible conflict in homes for caregivers and children. Additionally, due to already heightened anxiety, the quarantine practices that are taking place, resulting in having close proximity to each other for prolonged periods of time, likely is increasing conflict and tension between caregivers, caregivers and youth, and youths themselves.

How This Works:

DCF's Interagency Youth Engagement & Restorative Practices Specialist is now offering two free 30-minute individual Zoom sessions. The sessions will be offered for each youth and/or caregiver to help address the conflict and using a specific communication process to provide deep empathetic listening skills and responses that support resolution.

Who Can Participate?:

Children residing in foster or group homes and/or their caregivers or group home staff in **any region** can participate at this time. Both parties do not have to participate. Right now, sessions are just being offered for this population and area to determine how large the need will be. If you are not in this population or area but would like to participate, please reach out to Janelle King at the contact information below.

Continuing Support:

The Department has back-up support in place from trained restorative facilitators if you or the child wishes to continue receiving this support in this manner. The other trained restorative facilitators could provide deeper, ongoing coaching for 6 months by utilizing Zoom services to listen to the challenges, needs, positive aspects, strengths, and goals; use Nonviolent Communication skills to make sure each party is fully heard and has to opportunity to get clear about their needs in the process; meet together weekly to talk about family and individual strengths and challenges; engage in conflict coaching so each person learns the basis of Nonviolent Communication; use Restorative Justice Questions when harm has occurred- What happened? Who was impacted and how? What needs to be done to make things as right as possible? What needs to be done to make sure it never happens again? From here, the facilitator will assist caregivers and youth in collaboratively crafting agreements to repair harm; and additional topics will include discussion of Emotional Intelligence, the ability to acknowledge your own emotions, recognize emotions in others, and use that information to guide your behavior. There would most likely be a sliding scale fee associated with this extended service if the child and/or caregiver wishes to continue.

How Do I Use Zoom?

Zoom is a free teleconferencing platform that is used to video conference. Joining a meeting is simple- follow this one minute tutorial to watch how to connect: <https://support.zoom.us/hc/en->

[us/articles/201362193-Joining-a-Meeting](https://www.myflfamilies.com/articles/201362193-Joining-a-Meeting). All you need is internet and the Zoom link I will be sharing with you.

Who is the Interagency Youth Engagement & Restorative Practices Specialist for DCF?

Janelle King is a licensed trainer through the [International Institute for Restorative Practices](https://www.myflfamilies.com/articles/201362193-Joining-a-Meeting). She has worked for DCF since 2016. Due to her prior experience working for the Department of Juvenile Justice, she serves as DCF's point of contact for statewide DCF/DJJ collaboration efforts and is also the coordinator for DCF's Florida Youth Leadership Academy, a mentorship and leadership program for teenagers in the child welfare system. Janelle has been volunteering for six years with a restorative justice program based in Tallahassee that teaches Nonviolent Communication (NVC) to youth involved in the juvenile justice system. She has received extensive training in restorative justice, restorative practices, and Nonviolent Communication. She has her Master's Degree in Criminology from FSU.

What Can I Do to Obtain This Service?

Email Janelle King, Interagency Youth Engagement & Restorative Practices Specialist, at Janelle.King@myflfamilies.com and provide your name, your child's name, the child's age, their phone number (if they want to participate as well or have questions about participating), and optionally, a very brief synopsis of some of the challenges you're experiencing that you would like some support on. You can expect a response within 24 business hours. If you're interested, further information about registration will be provided.