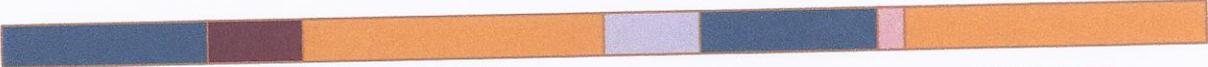




ABOUT FAMILY NEEDS





Successful Parenting Time

The time you spend with your children is important for them and for you. You have a right to see your children at least once every seven days unless there is an order prohibiting it.

We have been working hard to find ways to support positive parenting time. In most cases, we are working toward the time when you and your children will be able to be on your own.

For now, though, there can be some limitations. The court may have decided that someone should be with you when you see your children. If so, parenting time is “supervised”, and may be supervised by a DHS worker.

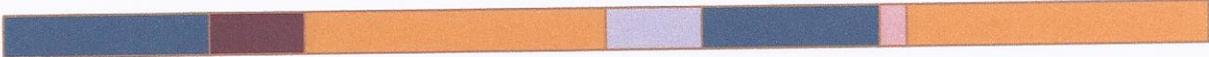
Your Parent-Agency Treatment Plan and Service Agreement (PATPSA) will outline when and where parenting time will happen. If you need help with transportation, check with your Foster Care Worker.

We have talked with parents and as a result we are working to make this supervised parenting time as comfortable as possible for parents and children. We schedule parenting time for as many days per week, and as much time per visit as we can because more frequent parenting time for longer periods of time is usually good for children and parents. We schedule parenting time in comfortable, community based locations whenever possible so that there is room to move around and play.

We have worked with experts in parenting time who tell us that there are five things that are most important to pay attention to in parenting time. These things are:

- **Emotion:** Stress, grief, sadness, confusion, worry, guilt, embarrassment, loneliness, fear, and disappointment are all normal emotions during this time, and they apply to parents and to children. It is important to develop skills for dealing with emotions, which will help you and serve as a good model for your children. Examples of these skills might be to talk things out, to write things down in a journal, to stay active and healthy, and to focus on the things you can control.
- **Communication:** This includes talking and listening to the different people involved in your case, so that you know exactly what to do to work toward getting your children back in your care. Some skills that can be helpful include paying attention to how you get information, how you are able to say what your concerns are, how you are able to talk about your children even though they are with someone else, and how you handle disagreements with other.
- **Preparation:** Children may be confused or anxious, and they may benefit from you thinking ahead of time about what they need, what they may be missing, and other things. You can bring special toys or games to your parenting time or crafts to work on together.
- **Connection:** It is important to be there consistently and on time, to have things that you enjoy doing together, and to make positive connections with the people who are caring for your child. You can reflect on your child and what seems to work best for connecting – is it playing a sport, or doing a craft or reading a book – and try to focus parenting time in that direction. It is also important for your children to be able to see positive con-





Successful Parenting Time (continued)

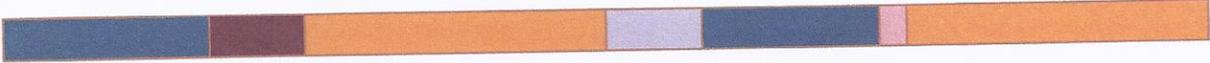
nections being made between you and the foster parent.

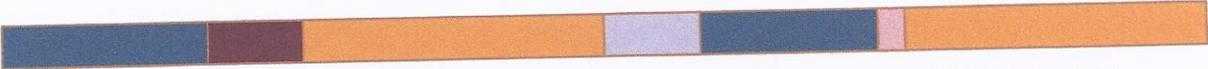
- **Transition:** Saying goodbye to each other can be very hard, but taking the time to think about what went well and what you did not like may help you to feel more in control and to look forward to preparing for the next visit.

Parenting is one of the hardest jobs there is for anyone. All parents can benefit from learning more about how children's brains work, what to expect from children at each stage of their development, and how to support positive growth while setting loving limits. You may be attending parenting classes as part of your Parent-Agency Treatment Plan, or you may want to check out resources on your own. The Women's Resource Center, The Livingston Family Center, and other organizations offer classes.

There are also books and other resources available through the local libraries. As a parent, you are the most important teacher for your children. Your children are watching how you handle things and are often copying you. You can help them by learning to manage difficult emotions, by responding to what they need, and by working toward solutions to problems.

Here are some ideas for what to do during visits:

- For younger children, bring books, toys, games, puzzles or other activities your child enjoys
 - For older children, ask them how they are doing, talk about school, play a game, do a craft project, or other activities your child enjoys
 - Make sure that you give individual attention to each child at some point during the parenting time.
 - Do not talk with your children about the case, and do not bring up topics that the court has ordered not to be discussed with the children. Be mindful that all conversations are appropriate for your child or children.
- 



Domestic Violence Information

Domestic Violence is serious.

Everyone has a right to be safe, and safety includes being free from physical harm, fear, or intimidation. If you fear for your safety or just want to talk about your situation, call LACASA, Livingston County's Domestic Violence organization, at 517 548 1350, or on their 24 hr. Toll Free Crisis Line 866 522 2725. You can visit LACASA on line at lacasa1.org or you can come to their office in Howell at 2895 W. Grand River to talk to a counselor or to use their shelter.

Here are some questions to help understand if there has been abusive behavior

- Does your partner monitor all of your time; keep track of where you go, who you talk with and what you do?
- Have you ever seen a doctor for an injury caused by your partner?
- After your partner harms you or abuses you does your partner apologize for their behavior? Promise it will never happen again? Deny that the abuse took place or say that it was not as bad as you claim?
- Has your partner ever hurt or abused your child or your household pet?

REMEMBER....YOU ARE NOT ALONE

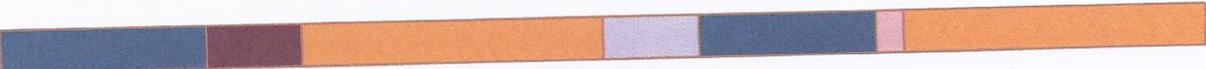
You may not know what you want or where to turn. You may be afraid to take any action that might make your partner more angry. If you have children, you may be worried about them.

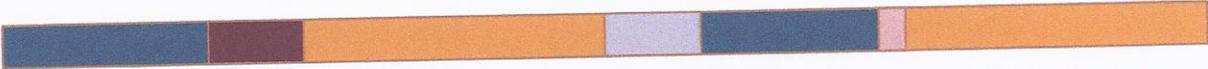
You may be concerned about your financial situation. These are valid concerns and it is important to consider the physical and emotional toll abuse can have on you and your family.

It is reported by many survivors that abuse in a relationship often escalates, becoming more frequent and dangerous. It may be helpful for you to talk things out and explore different options with a counselor or support group.

Parents who are abusers should know that there is help available in this community to support positive change, but that continued use of abuse is not acceptable.

Consider these questions in thinking about whether you may be abusive...

- It seems like I have two different personalities: one side is very loving, while the other is cruel and hurtful.☒
 - I am excessively jealous and possessive.
 - I want to control my partner's relationships with family, coworkers and friends
 - I want to make all the important decisions ☒
 - I limit my partner's access to money and other financial resources.☒
 - I have humiliated my partner with name calling, put-downs, and mind games
 - My partner is afraid of my behavior at times. (continued)
- 



Domestic Violence Information (continued)

- I blame my behavior on my partner, other people or other things.
- I have threatened my partner or someone they care about.
- I have thrown things at my partner, broken or stolen possessions, calling, put downs and mind games ☐ I have restrained, pushed, shoved, hit, slapped, kicked, punched, or hurt my partner in a physical way.
- I have humiliated, harassed or mistreated my partner.
- I have used the children against my partner – put down parenting skills, encouraged
- the kids to be abusive to my partner or threatened regarding the children’s custody or safety.
- After a hurtful incident, I apologized and was loving to my partner for a time, and promised to change.

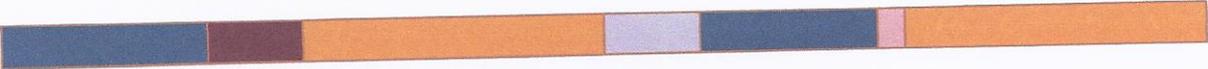
*Provided courtesy of LACASA
www.lacasa1.org. LACASA offers a Domestic Abuse Intervention Program.

A related issue is reactions associated with sexual trauma following sexual assault. Normal reactions include:

- Intense or wild mood swings
- Great concern about security (checking door locks, etc.)
- Periods of extreme withdrawal alternating with great frustration and edginess
- Disorientation and periods of memory loss

- Need to describe the assault repeatedly
- Extreme shame, blaming self, or excusing the rapist
- Rage, possibly inappropriately directed
- Emotional withdrawal
- Age regression
- Need for great seclusion or need to be surrounded by people at all times
- Changes in sleeping or eating patterns
- Onset or relapse of eating disorders
- Onset or relapse of substance abuse
- Changes in physical appearance (may be extreme)
- Great efforts into maintaining a “normal appearance”
- Flashbacks, panic attacks, or even brief psychotic episodes
- Change in social behavior or social group

Contact LACASA for support if you have been assaulted.





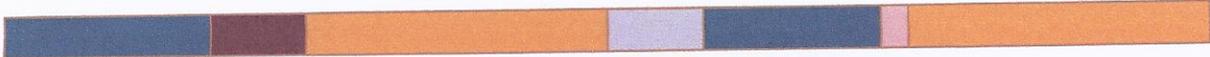
Substance Abuse Information

Substance Abuse affects many of the families who are involved in the Child Welfare System. Consider the following questions carefully in asking whether you have a substance abuse problem, and if so, consider seeking out resources to help.

The following questions were adapted from those written by recovering addicts in Narcotics Anonymous and published in the NA's brochure entitled, "Am I an Addict?"

- *Do you ever use alone?*
- *Have you ever replaced one drug for another, thinking one particular drug was the problem?*
- *Have you ever manipulated or lied to a doctor to get prescription drugs?*
- *Have you ever stolen drugs or stolen to get drugs?*
- *Do you regularly use a drug when you wake up or when you go to bed?*
- *Have you ever taken one drug to overcome the effects of another?*
- *Do you avoid people or places that do not approve of you using drugs?*
- *Have you ever used a drug without knowing what it was or what it would do?*
- *Has your job or school performance suffered from the effects of your drug use?*
- *Have you ever been arrested as the result of your use?*
- *Have you ever lied about what or how much you use?*
- *Do you put the purchase of drugs ahead of your financial responsibilities?*
- *Have you ever tried to stop or control your use?*
- *Have you ever been in jail, hospital or drug rehab because of your use?*
- *Does using interfere with your sleeping or eating?*
- *Does the thought of running out of drugs terrify you?*
- *Do you feel it is impossible to live without drugs?*
- *Do you ever question your own sanity?*
- *Is your drug use making life at home unhappy?*
- *Have you ever thought you couldn't fit in or have a good time without drugs?*
- *Have you ever felt defensive, guilty or ashamed about your using?*
- *Do you think a lot about drugs?*
- *Have you had irrational or indefinable fears?*
- *Has your using affected your sexual relationships?*
- *Have you ever taken drugs you didn't prefer?*
- *Have you ever used drugs because of emotional pain or stress?*
- *Do you continue to use despite negative consequences?*
- *Do you think you have a drug or alcohol problem?*

If you answered "yes" to some of the above questions, you may want to seek further evaluation.





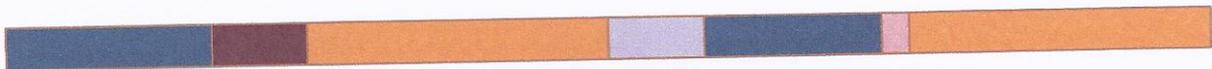
Community Services and Resources

Your Department of Human Services (DHS) Case Worker can help you connect to services that can help your family.

If you do not have a direct number for your case worker, you can call the DHS office at 517-548-0200.

DHS is located at 2300 E. Grand River Ave., Ste. 1 Howell, MI 48843 in the County East Complex at Grand River and Chilson Road. ***Other resources you may need can be found on the following pages in the categories of:***

- **Basic Needs**
- **Mental Health and Counseling**
- **Services for Teens**
- **Education and Community Services**



Mental Health and Counseling: Your plan may include working with a specific mental health professional, but if you need to find a mental health professional, here are some options.

Livingston County Community Mental Health

2280 E. Grand River Ave.

Howell, MI 48843

517 546 4126

Director: Mack Miller

www.comnet.org/cmh

Advanced Behavioral Medicine

2901 E. Grand River Ave

Howell, MI 48843

517 548 1537

<http://www.advancedbehavioralmedicine.com/>

Complete Counseling Center

721 E. Grand River Ave

Howell, MI 48843

517 546 4445

Livingston County Catholic Charities

Individual & Family Counseling

2020 East Grand River Ave

Suite 103

Howell, MI 48843

517 545 5944

LCCSS@voyager.net

Livingston Family Center

4376 E. M-36

Pinckney, MI 48169

810 231 9591

<http://livingstonfamilycenter.org/>

Livingston County Wraparound Services

3760 Cleary College Drive

Howell, MI 48843

517 548 0081

Substance Abuse Services: You may be referred to a specific provider to address substance abuse issues, but if you need to find other resources, here are some options

ALANON Support Groups

320 Bijou

Howell, MI 48843

517 546 9350

<http://www.al-anon.alateen.org/>

Brighton Hospital Adolescent Services

12851 E. Grand River Ave

Brighton, MI 48116

810 225 2580

www.brightonhospital.org

Karen Bergbower & Associates

Counseling Services

10291 Grand River Ave

Brighton, MI 48116-6542

810 225 9550

Key Alliance, Inc. – Human Development Services

210 S. East Street

Ste. 2

Brighton, MI 48116

810 220 8192

Services for teens: You may need to find supportive services for your children.

Big Brothers/Big Sisters of Livingston County

1004 Pinckney Road

Suite 203

Howell, MI 48843

Boy Scouts of America, Great Sauk Trail Council

1979 Huron Parkway

Ann Arbor, MI 48104

734 971 7100

www.bsa-greatsauktrail.org

Girl Scouts of the Huron Valley Council

1900 Manchester Road

Ann Arbor, MI 48106

734 971 8800

www.gshom.org

Gateway Community Services

910 Abbott Road

Suite 100

East Lansing, MI 48823

517 351 4000

www.gatewayservices.org

Mental Health and Counseling: Your plan may include working with a specific mental health professional, but if you need to find a mental health professional, here are some options.

Livingston County Community Mental Health
 2280 E. Grand River Ave.
 Howell, MI 48843
 517 546 4126
 Director: Mack Miller
www.comnet.org/cmh

Advanced Behavioral Medicine
 2901 E. Grand River Ave
 Howell, MI 48843
 517 548 1537
<http://www.advancedbehavioralmedicine.com/>

Complete Counseling Center
 721 E. Grand River Ave
 Howell, MI 48843
 517 546 4445

Livingston County Catholic Charities
 Individual & Family Counseling
 2020 East Grand River Ave
 Suite 103
 Howell, MI 48843
 517 545 5944
LCCSS@voyager.net

Livingston Family Center
 4376 E. M-36
 Pinckney, MI 48169
 810 231 9591
<http://livingstonfamilycenter.org/>

Livingston County Wraparound Services
 3760 Cleary College Drive
 Howell, MI 48843
 517 548 0081

Substance Abuse Services: You may be referred to a specific provider to address substance abuse issues, but if you need to find other resources, here are some options

ALANON Support Groups
 320 Bijou
 Howell, MI 48843
 517 546 9350
<http://www.al-anon.alateen.org/>

Brighton Hospital Adolescent Services
 12851 E. Grand River Ave
 Brighton, MI 48116
 810 225 2580
www.brightonhospital.org

Karen Bergbower & Associates
 Counseling Services
 10291 Grand River Ave
 Brighton, MI 48116-6542
 810 225 9550

Key Alliance, Inc. – Human Development Services
 210 S. East Street
 Ste. 2
 Brighton, MI 48116
 810 220 8192

Services for teens: You may need to find supportive services for your children.

Big Brothers/Big Sisters of Livingston County
 1004 Pinckney Road
 Suite 203
 Howell, MI 48843

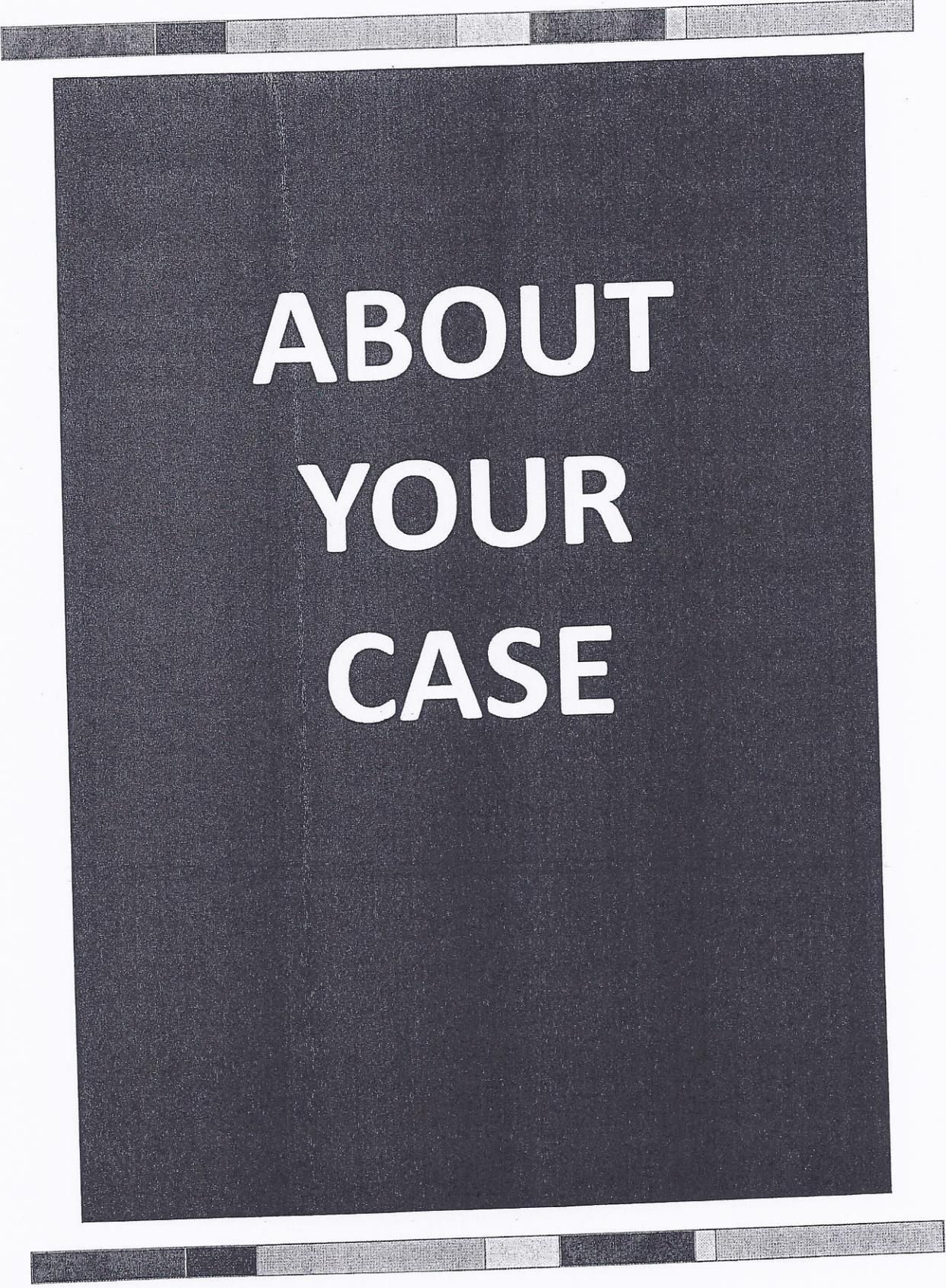
Boy Scouts of America, Great Sauk Trail Council
 1979 Huron Parkway
 Ann Arbor, MI 48104
 734 971 7100
www.bsa-greatsauktrail.org

Girl Scouts of the Huron Valley Council
 1900 Manchester Road
 Ann Arbor, MI 48106
 734 971 8800
www.gshom.org

Gateway Community Services
 910 Abbott Road
 Suite 100
 East Lansing, MI 48823
 517 351 4000
www.gatewayservices.org

<p>The Connection Youth Services Provide Assistance to Youth & Family 866-440-7233 theconnection.LFC@gmail.com</p>	<p>4-H Youth Program 820 E. Grand River Ave Howell, MI 48843 517 546 3950 www.co.livingston.mi.us/msuextension</p>
<p>Midcourse Correction Boot Camp P.O. Box 250 Hamburg Rd. Hamburg, MI 48139 810 227 0243 www.midcoursecorrection.org</p>	<p>Ozone House Runaway Shelter 1705 Washtenaw Ave Ann Arbor, MI 48104 734 662 2222 www.ozonehouse.org</p>
<p>Education and Community Services: You may need to find support for your own or your children's education. Here are some numbers.</p>	
	<p>Sylvan Learning Center 8700 N. 2nd Street Suite 201 Brighton, MI 48116 810 227 1800 www.tutoring.sylvanlearning.com</p>
<p>Brighton Community Education 7878 Brighton Road Brighton, MI 48116 810 229 1419</p>	<p>Brighton District Library 100 Library Drive Brighton, MI 48816 http://brightonlibrary.info</p>
<p>Fowlerville Community Education & Recreation 444 N. Hibbard Street P.O. Box 769 Fowlerville, MI 48836 517 223 6483</p>	<p>Fowlerville District Library 131 Mill Street Fowlerville, MI 48836 517 223 9089 library131@yahoo.com</p>
<p>Genesis Alternative Education Hartland Consolidated Schools P.O. Box 900 Hartland, MI 48353 810 632 6022</p>	<p>Hartland Community Education & Child Care Center 10235 School Street P.O. Box 900 Hartland, MI 48353</p>
<p>Hartland Cromaine District Library 3688 N. Hartland P.O. Box 308 Hartland, MI 48353 810 632 5200 www.cromaine.org</p>	<p>Howell Area Recreation Department Alcohol Cessation 925 W. Grand River Ave Howell, MI 48843 517 546 0693</p>
<p>Howell Carnegie District Library 314 W. Grand River Ave Howell, MI 48843 517 546 0720 www.howell-carnegie.lib.mi.us</p>	<p>Howell Community Education 1400 West Grand River Howell, MI 48843 Days: 517 548 6280/Nights: 517 548 6326</p>

<p>Pinckney Community Education 125 Putnam Street P.O. Box 48 Pinckney, MI 48169 810 225 3705</p>	<p>Pinckney Community Public Library 350 Mower Road Pinckney, MI 48169 734 878 3888 www.pinckney.lib.mi.us</p>
<p>Other Services and Supports</p>	
<p>ARC of Livingston County Assisting those with Developmental Disabilities 1044 Durant Drive Suite 1 Howell, Michigan 48843 517 546 1228 www.arclivingston.org</p>	<p>Livingston Community Hospice Grief and Loss Services 620 Byron Rd. Howell, MI 48843 800 862 5162</p>
<p>Forever Families Pregnancy Counseling/Adoption Services 121 S. Barnard Street # 8 Howell, MI 48843 248 318 5315 www.foreverfamilies@ameritech.net</p>	<p>Planned Parenthood Sex & Pregnancy Counseling 7900 Grand River Ave Brighton, MI 48116 810 220 4513 & 3100 Professional Drive Ann Arbor, MI 48104 734 973 0710 www.miplannedparenthood.org</p>
<p>Human Development Center Inc. 2708 East Grand River Howell, MI 48843 517 545 5890</p>	<p>Pregnancy Help Line Hartland Woods Square 9560 Highland Road Howell, MI 48843 810 632 5656 www.pregnancy-helpline.org</p>
<p>Livingston County Friend of the Court 210 S. Highlander Way P.O. Box 707 Howell, MI 48844 517 546 0230</p>	<p>Livingston County Office of the Prosecuting Attorney 210 S. Highlander Way Howell, MI 48843 517 548 1850 Prosecuting Attorney: David Morse Juvenile Attorneys: Marilyn Bradford William McCririe III</p>
<p>Livingston County MSU Extension Livingston Educational Service Agency 1425 W. Grand River Ave Howell, MI 48843</p>	<p>Livingston County Department of Public Health (WIC) 2300 E. Grand River Ave Suite 102 Howell, MI 48843 517 546 9850</p>

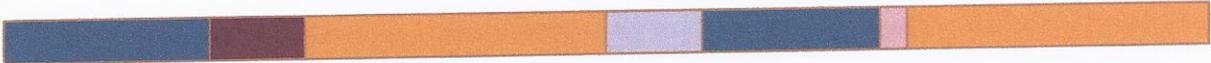


**ABOUT
YOUR
CASE**

Keeping Up with Scheduling

Your Court schedule is very important, but so are all of the other things you will be doing as part of this case. On the following pages, we have provided a calendar for you to use to keep track of all of the days and times you will need to plan to be at different places. Here is a basic list to help with keeping track of what you will be doing. All of these will not apply to every case, but they do tend to apply to many of the cases.

Type of Meeting	How is the Schedule Set?	My Days and Times	Phone Number to Call if you cannot make it
Court hearings	Set by the Court, usually at each hearing, but more than one hearing date and time may be set up at once	See the following page for a place to keep track of when these hearings will be held	It is ESSENTIAL that you attend all hearings. Contact your attorney if you know there is a problem before the hearing, contact the Court if you have a problem the day of the hearing at 517-546-1500 .
Meetings with your DHS case worker	Set between you and the worker		Contact your worker as soon as you know if there is a problem
Parenting time	Depends on the Court order—if it is supervised by DHS it will be set up by them		
Parenting classes	Depends on what classes you are referred to		
Drug/alcohol testing	Depends on your Order	Likely to be random	
Counseling	Set between you and your counselor		
Other:			



Court Schedule

Date My Child or Children Removed:	
Type of Hearing*	Date of Hearing
Preliminary Hearing Date	
Pre-Trial Hearing	
Trial (Adjudication) Hearing	
Disposition Hearing	
Dispositional Review Hearing #1	
Dispositional Review Hearing #2	
Dispositional Review Hearing #3	
Dispositional Review Hearing	
Permanency Planning Hearing	
Termination Hearing	

* Note: Types of hearings are described in "About the Court Case" page 3



Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						