



## Psychological First Aid for Foster Families Training Handouts

### Role Play Scenarios

**ONE:** Three siblings of 4, 5 and 16 years of age, all of them with disabilities, were placed in foster care in Moldova. One of the children has a developmental disability. Previous to arriving in Moldova, they had been living with their father in small quiet village. Though they had a very close relationship with him, the father used to drink a lot and would sometimes yell at the children. It is the second day that the children are in your home and the 16-year-old suddenly yells at his younger siblings at the dinner table. It is not clear why he is so upset. How do you respond?

**TWO:** A 14-year-old Roma girl crosses into Moldova with her older boyfriend but they are separated. He decides to travel onwards without her to another country. The girl is placed into foster care. After a month of mostly staying in her room and speaking very little to you, she tells you that she is unhappy and wants to leave. How do you respond?

**THREE:** Two siblings who are 3 and 5 years old witnessed bombings and heard lots of fighting and gunfire while in Ukraine. Their parents decided to send them with a family friend to Moldova. When they arrived, they were placed in foster care. One day your biological son, who is 7-years old is playing with the 5-year-old. Suddenly there is a loud popping sound outside. The 5-year-old starts to cry uncontrollably, and your biological son gets upset and says that he should stop being such a “baby”. How do you respond?

**FOUR:** A sixteen-year-old boy is in your care. He has not spoken much except simple yes or no questions for the first three days. Then, out of the blue, he tells you that his best friend dies in a bombing, and he did not have the chance to go to his funeral. He says that he knew this friend since they were children and is not sure what he will do without him. How do you respond?

**FIVE:** A 10-year-old child who lost both of her parents at a very age and who was living with her grandmother has just arrived in Moldova. Her grandmother remained behind and sent her with a group of people from the village. Now that she is in foster care, she does not want to leave her room and often refuses meals. One morning she comes down for breakfast and has clearly been crying again. How do you respond?

**SIX:** Two siblings are placed in your home. The older sibling is 15-years old, and the younger is 12-years old. Before arriving to Moldova, they had been living with their aunt. The aunt decided to send the children with a church group because she thought they would be safer outside of the country. However, the children were left behind by the group, who traveled onward to Romania. The older sibling is very protective over the younger child and gets anxious when he is playing football with other children. One day, you give permission for the 12-year-old to attend an after-school event held by a local NGO. The older sibling stays at home, but it is clear that she cannot relax. She is not able to sit still and appears very agitated. How do you respond?

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Creating a safe and supportive  
environment means...

## Evaluation Questions

On a scale of 0 – 10 (0 = not at all, 10 = extremely) how confident are you that you can apply the skills that you learned today?

What was most useful about this workshop?

What was least useful?

What questions do you still have?

# Sample Comforting Techniques

## **Breathing:**

- Offer to take a few deep breaths with the person. As you breathe in, move your arms up, as you breathe out move arms down.

## **5 – 4 – 3 – 2 – 1:**

- Ask the person to - Name 5 things you see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you can task

## **Physical:**

- Jump up and down, run hands through cold water, squeeze a ball or some object

## Individual Reflection on Self Care

Three things that I can do to help myself feel calm are:

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Three people who I can turn to for support are...

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Two positive/helpful messages I can tell myself when times are tough...

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