

What are people saying about MY LIFE?

“ I like doing this, it helps my heart.”

-A child in foster care, age 11
Participant

“ I like the program because it helps kids become active participants in their lives by giving them a voice.”

-Dr. Lynn Moyer
MY LIFE worker

“These meetings help the child understand where they have been so they can move forward”

-Lauren Wilson
Therapist



Agencies Involved

- **A Better Chance for Our Children**
abetterchanceforourchildren.org
- **Bethany Christian Services**
www.bethany.org
- **Children & Families First**
cffde.org
- **Children's Choice**
childrenschoice.org
- **Division of Family Services**
kids.delaware.gov

For more information and resources, visit these websites:

www.darlahenry.org

www.centerforloss.com



Department of Services for Children, Youth and Their Families

Division of Family Services
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Introducing **MY LIFE**—
where kids are in charge.

My Young Life In Foster care Explained

Supporting a
youth's work
toward
Permanency

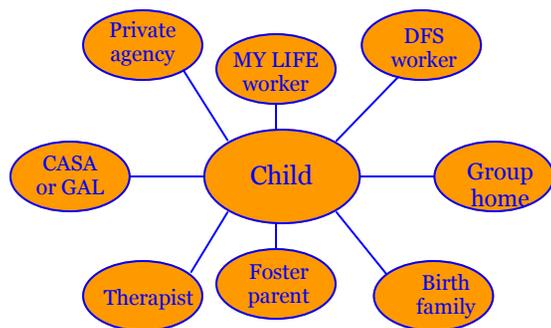


**Our Children
Our Future
Our Responsibility**

What is MY LIFE about?

Delaware's Division of Family Services is implementing the MY LIFE program based on Darla Henry's 3-5-7 Model of preparing children, youth, and families for permanency.

This model is based in the theories of child development, separation and loss, grief process, family dynamics, impact of abuse and neglect, and resilience.



MY LIFE seeks to engage the children and their individual "teams" through the journey to permanency.

How does the MY LIFE program work?

- Children will explore:

Who am I?

What happened to me?

Where am I going?

How will I get there?

When will I know I belong?

- Engages youth with Life Books and other activities to acknowledge the people, events, and losses in their lives
- Guides the child through the stages of grief: denial, anger, bargaining, sadness, acceptance and hope
- Helps the child strengthen and reestablish positive relationships
- Supports youth to understand their past and move toward seeing a positive future
- Provides children with a sense of empowerment in their own lives and helps them achieve a sense of well-being

Frequently Asked Questions

How long does the MY LIFE program last?

The program is typically six months but can be extended based on the child's needs.

How is this different from therapy?

MY LIFE seeks to help children piece together the story of their own lives on their own terms. It is not mental health treatment.

Does the caregiver participate ?

Caregiver participation is encouraged, but levels vary based on the child's placement and individual needs.

What results will I see?

Initially, some children may exhibit negative behaviors as they work through the stages of grief. MY LIFE encourages the expression of pain and hurt in a supportive relationship, helping them to make peace with their past experiences.