

## Drop-In Group FAQ

### **What is the purpose of a Drop-In group?**

Drop-In groups provide a chance for caregivers to connect with CaRES staff and each other online for support and resources. Alliance CaRES believes caregivers thrive when connected to each other, practical resources, and the broader community.

### **Who Attends Drop-In Groups?**

Drop-In groups are open to any caregiver connected to DCYF including kinship caregivers and CPA and state licensed foster parents. They are hosted by a CaRES Staff member or Mentor.

### **What can I share?**

You are welcome to share what is pertinent to your situation to get support and suggestions. We do ask that you do not share any identifying information including child's name, social worker's name, parents' name, and other details like specific schools or locations. The goal of any interaction with Alliance CaRES is to be problem solving, and work towards a possible solution and the CaRES staff will help to point you in that direction whenever possible.

### **Will my social worker or licensor know I attended this group?**

While we do keep records of the number of people who attend, we do not take attendance or share the names of people who attend with anyone at DCYF.

### **Will I receive training credit for attending?**

As Drop-In groups are not specific trainings like our Supportive Facilitative Discussion groups and have no curriculum, they do not qualify for training credit. This allows an informal atmosphere and for people to come and go as they please to meet their needs.

## Drop-In Group FAQ, continued

### **What happens if one of my kids runs into the room or is shown on camera?**

We are all caregivers, and we get that kids need their adult sometimes. These sessions are not recorded, and it is fine for kids to pop in and out. If the child is of an age that they could be upset by the subject matter being discussed, we recommend you use headphones or assist them outside of the area where you are attending the drop-in group.

### **Is this group confidential?**

While the goal of any Drop-In group is to create a confidential and safe space and we will encourage all attendees to do so, we must also recognize that we are all mandated reporters and any concerns around child abuse or neglect must be reported to Intake.

### **What if I need more support than the Drop-In group can provide?**

While the Drop-In groups are a great place to start, our CaRES Mentors are always available to assist you. We can connect you with a Mentor who can support your needs following the group or provide additional resources and assistance. But remember, you never need to wait for a Drop-In group to request Mentor assistance. If you are not working with a Mentor, email [alliancecares@uw.edu](mailto:alliancecares@uw.edu) to request support any time!

Supportive Facilitated Discussions are another great resource. Choose from a variety of virtual topic-based support groups that center around facilitated discussion and problem solving with other caregivers and offer training credit. These groups are an opportunity to build networks, share and learn. Learn more at [alliancecares.org/support-groups/](https://alliancecares.org/support-groups/)

### **I have a new idea for a Drop-In Group, who can I contact?**

Alliance CaRES always wants to hear from you. Please email us at [alliancecares@uw.edu](mailto:alliancecares@uw.edu) anytime to share suggestions or feedback.