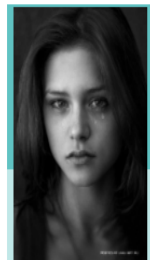


# 2018 CPAR Group Home Bookmarks



Do you hear my cry?  
I'm so hurt inside  
But do you hear my cry?  
When my case workers are not even on my side  
Do you hear my cry?  
When I am getting bullied and abandoned  
Do you hear my cry?



Do you hear my cry?  
I'm so hurt inside  
But do you hear my cry?  
When my case workers are not even on my side  
Do you hear my cry?  
When I am getting bullied and abandoned  
Do you hear my cry?  
Every time I tell you I am hurting, you think it's a lie  
You never hear my cry



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## An open letter to Group Home Staff.

We want to share with you some of the experiences we had when we lived in a group home so that you and other young people can have more positive experiences and achieve better life outcomes - We know that the when Staff and youth are in the struggle together, they will succeed together.

We appreciate that being a group home staff is not easy and sometimes we cry, we get angry, we are hurt and depressed and we feel worthless - that is a lot for you to deal with and we hope you understand that these behaviors come from one or more childhood traumas (ie parents who are addicted to drugs, who were physically abusive, etc) that need healing. We are in the group home in the first place because we have been taken away from our family or they passed away. And when we get treated badly, talked down to and not seen or heard, that makes our trauma worse and puts healing further out of reach. "if you are talking with a child from a broken home, just imagine how much it can impact them if you are speaking positive to them" Love can go a long way

We hope that you are here to help us and not like many of us have felt that some staff are just here to collect a paycheck. We hope you can fulfill your passion in helping youth become successful adults by listening to us, caring for us, supporting our growth and seeing us as individuals. Your praise and encouragement goes a long way to making us felt seen, heard and capable. The most important thing for us to succeed is to have a caring adult in our lives who is there for us unconditionally.

Specifically, we encourage you to attend trainings that help you understand why we behave the way we do and how to respond to us. We act out because we are not heard, cared for, seen or supported. Please check in with us every day - how are we feeling, what are we struggling with, what do we need and treat us as individuals - I may need different things than other youth because we are all individuals. We need opportunities to grow, develop our gifts and have our dreams supported. "We are sponges, the more we observe, the more we become" we are watching everything you do and say and feel - you are our role models - if you exhibit disrespectful, hurtful and uncaring behaviors, that's what we learn to do as well.

Please watch the video, Foster Shock, <https://vimeo.com/139417634>, password foster to understand us better.

Thank you for listening, learning and caring about us - it makes all the difference in the world!

Together we are stronger.

Teresa Durant  
Christa Mathews  
Youth Who Lived in Group Homes  
From CPAR Child Welfare Co-Research Pilot