

## THE THERAPEUTIC SUPERVISED VISITATION PROGRAM

ADDRESSES THE NEEDS OF FAMILIES WHO ARE INVOLVED WITH THE DIVISION OF CHILD PROTECTION AND PERMANENCY IN BOTH BERGEN AND PASSAIC COUNTIES AND WHEN THERAPEUTIC SUPERVISED VISITATION IS BEING RECOMMENDED BY THE DIVISION. WE UNDERSTAND THAT VISITS DURING THIS PERIOD OF SEPARATION OF FAMILIES BRING UP A LOT OF EMOTIONS.

- IT CAN BE CHALLENGING FOR PARENTS, FOSTER PARENTS AND CHILDREN WHEN VISITS BETWEEN THE CHILDREN AND THEIR PARENTS TAKE PLACE.
- AFTER VISITS, WHEN CHILDREN RETURN TO THEIR FOSTER HOMES, PARENTS, CHILDREN AND FOSTER PARENTS MAY BE EXPERIENCING MANY UNCOMFORTABLE EMOTIONS:

ANXIETY

CONCERN

ANGER

WORRY

PARENTS, CHILDREN AND FOSTER PARENTS NEED ADDED SUPPORT DURING THESE TIMES OF TRANSITION.

### CHILDREN MAY FEEL ANXIOUS TO MEET WITH THEIR PARENTS -

- MAYBE THEY HAVE NOT SEEN THEM FOR A WHILE
- MAYBE THEY HAD A DIFFICULT RELATIONSHIP WHEN THEY WERE TOGETHER

### PARENTS MAY FEEL MANY MIXED EMOTIONS IN VISITING WITH THEIR CHILD:

- WHAT WILL IT BE LIKE?
- WILL MY CHILD BE HESITANT TO MEET WITH ME? WILL I BE ABLE TO TALK TO MY CHILD?
- WILL MY CHILD BE ANGRY WHEN SHE/HE SEES ME?
- DO THEY LIKE THEIR NEW HOME BETTER?
- WILL THE VISITS TURN OUT WELL AND WHAT CAN I DO TO MAKE IT POSSIBLE?

### FOSTER PARENTS MAY FEEL STRESSED OUT ABOUT VISITS:

- WHAT WILL THE CHILD BE LIKE BEFORE AND AFTER THE VISITS?
- HOW CAN I HELP THE CHILD MANAGE THE TRANSITION FROM THE VISITS BACK TO MY HOME?
- HOW WILL THE PARENT RELATE TO ME?

### COMMUNICATION:

- OUR CLINICAL STAFF WILL BE ABLE TO HELP CLARIFY YOUR FEELINGS.
- WE WILL SUPERVISE AND ASSIST IN SETTING UP VISITATION AND PROVIDE REPORTS AND RECOMMENDATIONS TO THE DIVISION.
- WE WILL ALLOW FOR DISCUSSION, PLANNING AND CONTACT TIMES.

### PREPARATION:

- OUR STAFF WILL HELP PREPARE THE CHILDREN, THE PARENT, AND THE FOSTER PARENT FOR VISITATION.
- WE WILL PROVIDE SUPPORT TO THE CHILDREN, PARENT AND FOSTER PARENT TO ADJUST TO THIS NEW SITUATION.



THERAPEUTIC SUPERVISED VISITATION  
PROGRAM

Working together and providing support