



Introducing Therapeutic Foster Care

Be the safe place a child can begin to heal

What is Therapeutic Foster Care?

Therapeutic foster care provides nurturing, trauma-informed homes for children and teens with emotional, behavioral, or mental health needs. These children come from hard places and need caregivers who can offer structure, empathy, and healing support. Ages typically range from 4 to 16 years old, with many needing long-term care, emotional guidance, and consistent connection.

Why it Matters

“Children who come from hard places need more than love—they need healing environments where they feel safe, seen, and valued.”
You can be the turning point in a child’s life.

Who Can Be A Therapeutic Foster Parent?

You don’t have to be perfect—just committed, compassionate, and teachable.

- Age 21+
- Stable housing & income
- Willing to complete specialized trauma training
- Ability to pass background checks
- Open heart and flexible mindset

Start the Journey Today!

call us:
(907) 745-6200

email us:
Kristy@Reach907AK.org
visit our website:
Reach907AK.org

What Support Do You Receive

You are never alone. We provide:

- Specialized trauma-informed training
- 24/7 support & crisis response
- Monthly reimbursement
- Respite care options
- Team of clinicians and case managers
- Ongoing education & support groups

Therapeutic Foster Parent Pre-Screening Checklist

Thank you for your interest in becoming a Therapeutic Foster Parent. This checklist helps determine whether this role is the right fit for your household and for children needing intensive support and stability.

✓ Basic Requirements

You must meet the following to qualify:

- ☐ You are at least 21 years old.
- ☐ You have stable housing and income to meet your own needs.
- ☐ You can pass all required background checks (including for all adult household members).
- ☐ You are in good physical and emotional health.
- ☐ You are willing to complete therapeutic foster parent training and ongoing education.
- ☐ You are willing to partner with therapists, case managers, and a wraparound support team.
- ☐ You have no founded reports of child maltreatment.

💡 Understand the Role

Please check each box to acknowledge your understanding:

- ☐ Children placed in therapeutic foster care may have experienced trauma, neglect, or abuse—and some may have emotional or behavioral challenges due to biological, physiological, or neurological differences.
- ☐ Some may have challenges such as aggression, emotional dysregulation, withdrawal, or attachment issues.
- ☐ Many youth are affected by FASD or prenatal drug exposure.
- ☐ Some youth have issues related to the loss of a loved one or disruption to the family unit.
- ☐ Healing takes time, and progress is not always linear. Some youth may need lifelong accommodations.
- ☐ Children may reject love, test boundaries, or struggle to trust. You may not always “feel” appreciated.
- ☐ You will receive specialized support and tools to help manage these challenges.

🧠 Trauma-Informed Parenting Mindset

Do any of these describe you?

- ☐ I believe all behavior is a form of communication.
- ☐ I can remain calm and steady even when children are dysregulated.
- ☐ I am willing to learn new parenting strategies that may differ from how I was raised.
- ☐ I understand that connection—not punishment—is often the key to change.
- ☐ I can offer love and structure even when a child seems resistant.
- ☐ I recognize that healing can look different for each child.
- ☐ I have a support system (family, friends, faith community, etc.) to help when things are hard.

♥ What We're Looking For

Ideal therapeutic foster parents:

- ☐ Are patient, flexible, and compassionate.
- ☐ Are emotionally resilient and can handle stress in healthy ways.
- ☐ Communicate clearly and respectfully.
- ☐ Have a desire to understand trauma and attachment.
- ☐ Are open to feedback and ongoing training.
- ☐ Genuinely want to make a long-term difference in a child's life.

⛔ Please Pause If Any Apply

- ☐ I'm only interested in babysitting or minimal involvement with the child's support plan.
- ☐ I would feel uncomfortable with intense behaviors like swearing, property destruction, or lying.
- ☐ I expect children to be grateful and “earn” love.
- ☐ I plan to use strict discipline or corporal punishment.
- ☐ I do not feel emotionally ready to care for children with trauma histories.
- ☐ I do not currently have the time or energy for intensive parenting.

These may indicate this is not the right time—or the right fit—for therapeutic foster care. That's okay! We'd still love to explore other ways you can help (e.g., respite care, donations, volunteering, or mentoring).

📅 Next Steps

If this checklist resonates with you and you're ready to learn more, we invite you to:

- 📞 Schedule a no-pressure info session
- 📄 Complete our pre-screening questionnaire
- 👉 Meet with our team to explore the best fit for your strengths and lifestyle