# **May 7, 2025 - ECHO Resource Sheet**

### Meeting the Needs of Youth in Foster Care

* AAP’s National Center for Relational Health and Trauma Informed Care:  <https://www.aap.org/en/patient-care/national-center-for-relational-health-and-trauma-informed-care/>
  + Resource from AAP: <https://www.aap.org/en/patient-care/foster-care/>
  + Lead physicians speak about the Center on this podcast: [https://www.aap.org/en/pages/podcast/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.aap.org%2Fen%2Fpages%2Fpodcast%2F&data=05%7C02%7Cadrienne.w.carmack%40maine.gov%7Cf4d744187b0747bd352c08dd8d82b85a%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C638822314771188280%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=E%2F5O8SXBRzRgERyn%2FrqzM%2BxJMkbXO7dhOOX4XNhmktc%3D&reserved=0)
* A potential resource for support for caregivers of younger children: <https://cradleme.org/>
* Positive Childhood Experiences focuses on things that mitigate ACES and are positive for children and families: <https://positiveexperience.org/>
* *Coaching Families for Resilience: How Pediatricians Can Support Caregivers and Prevent Burnout* - A new book by [Dr. Gretchen Pianka](https://gretchenpianka.com/)
* Anything from Dr. Dan Siegel is great. He is focused on the neuroscience behind behaviors and how to address them in connected ways that teach, rather than punish. [Books - Dr. Dan Siegel](https://drdansiegel.com/books/)
* Maine Pediatric and Behavioral Health Partnership Website: <https://bhpartnersforme.org/>
* Youth with lived experience: podcast Inner Voice [Expert Voices: A Podcast Series Using Lived Experience to Explore the Multiple Systems Affecting the Lives of Young People in Foster Care - The Field Center](https://fieldcenteratpenn.org/expert-voices-a-podcast-series-using-lived-experience-to-explore-the-multiple-systems-affecting-the-lives-of-young-people-in-foster-care/)