

CHILD WELFARE ACADEMY

FALL 2023 Resource Parent Training Calendar



Welcome!

Our training is provided for all Maryland Resource Parents licensed through their County DSS and Informal/Formal Kinship Caregivers.

All trainings are FREE. REGISTRATION IS NOW OPEN!

**** First time users must contact Laura Teetermoran for registration access****

lteetermoran@ssw.umaryland.edu or (410)706-0721

Established Users – Class Registration is required at <https://theinstitute.myabsorb.com/>

****If you are watching with a partner from the same device you must both be visible on camera for the duration of the training.**

If you are viewing training from home, please use earphones as some content is confidential or not appropriate for children**

Currently workshops are **ONLINE ONLY** via Zoom at the designated date and time. **You must attend 75% of the training to receive credit. No partial credit will be given.**

Tango E-Gift Cards will only be issued for in person training per DHS Policy as of 1/1/23.

July

Sat 7/8

9:00-11:00am
(2 training hours)

Holding it Together – Disruption Prevention*

There are times when foster and adoptive parents become so overwhelmed with the challenges of caring for a complicated and hurt child that they want to quit. This seminar will explore the stages of disruption, discuss its impact on parents and children, and outline prevention strategies to help families stay together, even through the most trying times. Emphasis will be placed on preparing families to raise a hurt child, providing tools to support families when life gets tough, preventing disruption when possible, and guiding families through the process of disruption when there is no other option.

Wed 7/19

6:00-8:00pm
(2 training hours)

Parenting in Racially and Culturally Diverse Families^

Caregivers will explore how to honor and incorporate a child's race, ethnicity, and culture into the existing family system. This workshop will identify strategies to help children develop positive and proud identities and help children and families prepare for and handle racism, including microaggressions. Caregivers will also explore implicit biases.

Mon 7/24

6:00-8:00pm
(2 training hours)

TBRI (Trust-based Relational Intervention) – The Empowerment Principle

This workshop is designed to teach basic knowledge, skills, and interventions for working with children in the child welfare system who have experienced trauma. The content is intended for Caregivers to recognize their role in responding to child traumatic stress, enhancing psychological safety among children in their care and providing trauma informed interventions to promote the resilience of children impacted by trauma.

* Indicates training that meets the Discipline/Behavior Requirement

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FALL 2023 Resource Parent Training Calendar



August

Tue 8/1

6:00-8:00pm
(2 training hours)

Staying Connected Even When You Discipline*

This training is a guided discussion for approaching discipline as an opportunity for relationship building and repair with children with a history of trauma. It will include a review of COMARs discipline regulations. Parents will participate in a discussion about the “why” for disciplining youth in care and learn a foundational strategy to approach discipline with traumatized youth in care. Participants will have the opportunity to discuss specific discipline techniques and whether they are appropriate for youth in care.

Fri 8/4

12:00-1:00pm
(1 training hour)

Lunch and Learn with Foster Parent Ombuds Becky Rice

As Maryland’s Foster Parent Ombuds, Becky Rice serves as a dedicated advocate for foster parents across the State. Becky offers a direct line for foster parents to ask questions, voice their concerns, and provide their suggestions. She also serves as an intermediary when a neutral voice is needed to address differences between foster parents and a local Department of Social Services (DSS).

Wed 8/9

6:00-8:00pm
(2 training hours)

Anxiety from a Child's Perspective

This workshop provides the keys to help resource parents be empowered in improving the mental health of the child in their care. They will be educated on the definition of anxiety, the various types of anxiety, and how anxiety can be good in certain situations. This interactive workshop will help resource parents become empowered in creating a home that can help reduce anxiety and other mental health challenges in children.

Sat 8/19

9:00-11:00am
(2 training hours)

Creating a Stable, Nurturing, and Safe Home Environment[^]

This training will help caregivers become more aware of strategies to make children impacted by trauma and loss feel psychologically and physically safe. Parents will understand how to set up a home to be safe for all household members. In addition, how the sense of safety ties to behaviors will be explored. Caregivers will learn how to set boundaries, show consistency and predictability, and adapt routines and rituals. Caregivers will be able to attune to children in their care understand safety from children’s perspective.

Mon 8/21

6:00-8:00pm
(2 training hours)

Fostering and Adopting Across Racial and Cultural Lines

Families who foster and adopt trans-racially or trans-culturally are confronted with a unique set of issues and concerns that require careful thought, preparation, and ongoing education. Some of the issues that might arise include selecting a school and community that embraces differences, educating extended family members, responding to intrusive questions, and preparing your child to confront racism. This seminar is designed to educate prospective and current foster and adoptive parents about the important issues involved in trans-racial and trans-cultural adoption.

Tue, 8/29

6:00-8:00pm
(2 training hours)

Examining Healthy Sleep Foundations

We all know healthy sleep is important to helping our children and families thrive, but far too often, this is an area where foster and adoptive families feel unprepared and left to struggle through their issues with little to no professional guidance. In this workshop, Certified Pediatric Sleep Consultant and adoptive mom Allison Ezell will be covering the foundations of healthy sleep in children who have experienced trauma. Topics covered in this session will be the big picture sleep basics, information specific to infants and toddlers, parasomnia, the impact of trauma on sleep and common issues, and when to seek professional help. Allison will conclude by offering plenty of time to answer all your burning sleep questions at the end of the session.

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FALL 2023 Resource Parent Training Calendar



September

Wed 9/6

6:00-8:00pm
(2 training hours)

3 Pillars of Foster Parent Success

This workshop outlines and reviews 3 core competencies necessary for effective foster parenting, which include an understanding of trauma and the ability to reinterpret behavior as a coping strategy, the use of self-awareness and self-monitoring to distinguish between the child's needs and the parent's needs, and the ability to appropriately and effectively use consequences and rewards. This workshop outlines the fundamental differences between parenting traumatized and non-traumatized children and distinguishes a critical, reparative function to the foster parent/foster child relationship.

Sat 9/9

9:00-11:00am
(2 training hours)

Help Me Love This Child*

In Foster Care, we so often focus on the impact of trauma on the child, but what about the impact on the family of bringing a traumatized child into the home? Come learn about the impact of secondary trauma on parents and siblings and participate in an open discussion about self-care, boundary setting, and seeking help when a foster child's old hurts are impacting your day-to-day life.

Mon 9/11

6:00-8:00pm
(2 training hours)

Foster Parent Survival Guide

This training will explore the inherent challenges of the foster parent experience, which includes agency and social worker involvement, birth family involvement, and the traumatizing effects of parenting a child who's been traumatized. Training will include strategies for promoting healthy, functional relationships with every team member with an emphasis on communication and remaining child focused. The impact of secondary trauma for foster parents and review meaningful interventions for self-care will also be discussed.

Fri 9/15

12:00-1:00pm
(1 training hour)

Digital Safety

Through facilitated discussion, video, and practical demonstrations, participants will learn about online safety and how to protect children from technologically facilitated crimes. Topics of discussion will be sexting, child pornography, sextortion, online predators, social networks, apps, sharing photos, peer to peer downloads, cyberbullying, the dark web, other dangers, and additional resources.

Tue 9/19

6:00-8:00pm
(2 training hours)

Education^

Understand educational considerations that may need to be put in place for children who have experienced loss, separation or other traumatic experiences; know how to advocate for children in the school settings; aware of challenges children may encounter in school; understand IEP and 504 plans; aware of strategies to partner with teachers and schools for academic success; know how to plan for higher education and/or vocations.

Thu 9/28

6:00-8:00pm
(2 training hours)

Caring for Drug Affected Infants

This training helps to increase participant understanding of prenatal and postnatal substance exposure and the potential long-term effects of substance exposure and effective child management strategies to help mediate behaviors and enhance growth and development.

Sat 9/30

9:00-11:00am
(2 training hours)

Effective Mental Health Treatment through a Trauma-Informed Lens**

This training offers tips on how to be effective consumers of child psychiatry services including general review of diagnostic evaluations, outcomes, evidence-based care, informed consent/assent, treatment adherence, medication side effects and safety issues, and tips when treatment is not working. This training will center around Trauma-informed treatment and recognizing trauma and its impact on children and families.

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FALL 2023 Resource Parent Training Calendar



October

Mon 10/2
6:00-8:00pm
(2 training hours)

Conflict Resolution and Strengthening Families*

This training will review the impact of trauma on family dynamics, communications, and styles of conflict resolution and family functioning. The training will highlight trauma-informed principles that support the development of family resiliency. Participants will be provided with an evidence-based practice model that supports strengthening families.

Fri 10/6
12:00-1:00pm
(1 training hour)

Lunch and Learn with Foster Parent Ombuds Becky Rice

As Maryland's Foster Parent Ombuds, Becky Rice serves as a dedicated advocate for foster parents across the State. Becky offers a direct line for foster parents to ask questions, voice their concerns, and provide their suggestions. She also serves as an intermediary when a neutral voice is needed to address differences between foster parents and a local Department of Social Services (DSS).

Thu 10/12
6:00-8:00pm
(3 training hours)

Helping Children Heal While Managing Their Behaviors*

This seminar explores how biology and the environment interact to shape behavior, as well as how trauma, attachment, and brain development factor into the equation. Parents will learn how to handle undesirable behaviors in ways that help children make long-term changes, and how to recognize and handle their own reactions to their child's behaviors and attitude. The different types of challenging children will be discussed including the highly sensitive child, the defiant child, the inattentive child, the active/aggressive child, and the self-absorbed child. Through real-life scenarios, tangible strategies will be presented to manage a variety of concerns such as food issues, stealing, aggressive outbursts, and lying.

Tue 10/17
6:00-9:00pm
(3 training hours)

Trust-Based Relational Intervention – An Introduction (Part 1)

Learn about the three principles for TBRI- Connection, Empowerment, & Correction. These principles help to foster a healing relationship with children from a young age through adolescence, to help youth meet developmental targets.

Thu 10/26
6:00-9:00pm
(3 training hours)

TBRI – The Connecting Principle (Part 2)

Learn more about the foundation of attachment and why it is important to understand a child's relational and behavioral strategies. Learn how to disarm the fear response that triggers youth from hard places, and the impacts of our own attachment history.

Mon 10/30
6:00-8:00pm
(2 training hours)

Foster Care - A Means to Support Families of Origin^

This workshop will highlight the child welfare experience from the perspective of birth parents and families of origin. A focus will be on finding compassion for birth parents and challenges they may be facing. Caregivers will learn strategies to nurture children's relationship with their birth parents and integrating and maintaining on-going communication and connection between birth parents and children. This workshop will address potential challenges in partnering with birth parents, helping children prepare for visits including understanding and managing reactions to visits.

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FALL 2023 Resource Parent Training Calendar



November

Wed 11/1
6:00-8:00pm
(2 training hours)

Attachment and Trauma – Helping Kids through Reparative Relationships*

This workshop offers an essential overview of what trauma is, how it affects the brain and how it impacts attachment and social/emotional functioning. Foster parents and staff will be able to reinterpret challenging behaviors as symptoms of trauma and learned methods of coping rather than defiance or manipulation. These strengths-based approach to understanding trauma will serve as the framework for introducing parenting strategies that support and encourage a healing process for the foster youth.

Sat 11/4
9:00-11:00am
(2 training hours)

Concrete Tools to Help Families with Loss

In this session, participants will learn to understand the different styles of grieving as well as the different adaptive functions that are important for healthy grief. They will walk away with specific tools and ideas to put into practice both personally and with the children in their lives to create the most grief-supportive environment for everyone.

Mon 11/6
6:00-8:00pm
(2 training hours)

Effective Mental Health Treatment through a Trauma-Informed Lens**

This training offers tips on how to be effective consumers of child psychiatry services including general review of diagnostic evaluations, outcomes, evidence-based care, informed consent/assent, treatment adherence, medication side effects and safety issues, and tips when treatment is not working. This training will center around Trauma-informed treatment and recognizing trauma and its impact on children and families.

Thu 11/9
6:00-9:00pm
(3 training hours)

Absent Parents - Emotional and Psychological Effects on the Child Psyche

Explore the dynamics between absent parents and emotional and psychological deficits caused to the child psyche. Family structure, mental health, addictions, juvenile delinquency, attachment, gender differences, and school engagement will be discussed.

Tue 11/14
6:00-8:00pm
(2 training hours)

Trauma, Attachment, and the Developing Brain*

Children who have experienced disrupted attachment and trauma can sometimes behave in ways that are troubling, confusing, and even frightening. We now know that trauma can significantly impact the way that the brain develops and functions, and that this, in turn, can manifest in problematic and puzzling behaviors in children. This seminar examines “typical” childhood development versus development clouded by abuse, neglect, and trauma. It also provides information about the nature, incidence, and dynamics of abuse and neglect as it relates to brain development. Participants will learn interventions and strategies to help children manage the impact of traumatic pasts.

Wed 11/29
6:00-8:00pm
(2 training hours)

Play Therapy 101 for Parents

Through this workshop, caregivers will gain an understanding of play therapy, and learn how it differs from regular play. The history and theory of play therapy will be discussed, as well as the value of play and how to address experience trauma through play therapy. Caregivers will leave understanding the eight basic principles of play therapy and be able to define TheraPlay and its impact on attachment. Parents will understand how to set limits using ACTS and learn strategies and opportunities to participate in forms of Release Therapy. Caregivers will be guided on how to advocate for this resource as needed for their children.

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December

Fri 12/1 12:00-1:00pm (1 training hour)	Joy, Loss, and the Holiday Season The holidays are a complicated time of year for many foster/adoptive families. This workshop will explore the impact that feelings of joy, loss, and grief can have on youth you are caring for. We will explore the emotions and behaviors that you might be “gifted” with during the holiday season. You will leave with a better understanding of how these underlying feelings amplify behavior and learn strategies on how to manage them.
Sat 12/2 9:00-11:00am (2 training hours)	Children and Adolescents MH Diagnosis and Medication Children are being diagnosed with ADHD, Bipolar Disorder and a host of other mental illness at a rapid rate. With the increase of diagnosis comes an increase in medication. This workshop will explore the effects of medication and how many children have lost the ability to self-soothe and regulate emotions unless they are given a pill. Attention will be placed on impulse control, residual effects of medication and an overview of current trends in mental health for children and adolescents.
Mon 12/4 6:00-8:00pm (2 training hours)	Responding to Children in Crisis*^ This training will equip caregivers with strategies to help children become regulated while de-escalating crises. Participants will become aware of strategies to help children return to a calm state and keep children who are dysregulated safe while also keeping family members safe. Strategies to help children and families feel physically and psychologically safe will be shared. Caregivers will also understand the importance of partnering with other professionals and entities around a crisis (police, Department of Juvenile Justice, mental health professionals).
Thu 12/7 6:00-8:00pm (2 training hours)	Self-Reflective Parenting This training will focus on the importance of resource parents understanding their own behavior and reactions to their children so that the child will experience the parent as a source of safety, caring and comfort. Parents will be encouraged to be aware of their own internal states and what is behind their child’s behavior so that they can understand the situation from the child’s point of view as well as their own. This interactive, hands-on training will include lecture and a discussion of real-life scenarios.
Wed 12/13 6:00-8:00pm (2 training hours)	Realities of Reunification Reunification is the first and most common goal for children in the foster care system, which resource parents learn early in their initial training, but the challenges of doing the work to support a child and family towards reunification, along with the emotional realities of loving a child and having to let go, can be harder to manage in real life. Learn how to face the challenges and process the realities with a former resource parent who has experienced it firsthand and who professionally specializes in attachment and trauma.
Thu 12/14 9:00am-12:00pm (3 training hours)	<u>(IN PERSON)</u> Birth Parents and Resource Parents - Supporting the Relationship There are many joys that come with creating a family through adoption and guardianship. Some children have ongoing relationships with their birth parents and/or families, while for others there is no contact. However, birth parents continue to exist in children’s memories, imaginations, and dreams. It is up to resource parents to help their children navigate relationships that are confusing, sometimes hurtful, yet always important to their developing sense of self. In this training, parents will come away with a better understanding of the different perspectives each member of the triad brings and how to better support their children, while taking care of themselves emotionally in the process.
100 Community Pl, Crownsville, MD 20132	

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