



### Welcome!

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

REGISTER HERE - <https://theinstitute.ce21.com/>

You must "Join" the Resource Parent/Kinship Caregiver Community  
New Accounts May take 2 business days to activate

### IMPORANT POLICIES

ALL Trainings are virtual.  
In Person events will be noted.

Attendees must attend the entire class in order to receive credit. No partial credit is given.

If sharing a device, you must remain on camera throughout the training.  
Otherwise, please join from separate devices.

Due to sensitive content and confidentiality, please use headphones as needed.

Priority is given to parents licensed directly through their local Department of Social Services. Training is open to other caregivers families and informal kinship caregivers as space allows.

## February

Sat 2/3  
9:00-11:00am  
(2 hours)

### Advocacy as a Resource Parent – What You Need to Know

This training will help resource parents better understand their role as advocate for the child in their care. Participants will come away with knowledge about the basics of advocacy and will develop strategies to successfully negotiate services and supports that a child in their care may need, including how to work with professionals in both the medical, mental health and educational arenas.

Thu 2/8  
6:00-8:00pm  
(2 hours)

### Bullying Decoded

Why do bullies bully others? Are bullies born or made? The CDC reports that 1 in 5 students are bullied in school and 1 in 6 students are victims of cyberbullying. Bullying Decoded will give parents and caregivers an opportunity to explore the mind and motives of a bully so they can prevent these behaviors. This training will also help parents/caregivers learn ways to bully-proof their children to keep them safe.

\* Indicates training that meets the Discipline/Behavior Requirement

\*\* Indicates training that meets the Medication Management Requirement

^ Federally funded training from National Training and Development Curriculum (NTDC) released to the public for free in 6/2022



## Resource Parent Training Calendar February through June 2024

**Thu 2/15**  
**6:00-8:00pm**  
**(2 hours)**

### **Children in Foster Care – Understanding the Need for Identity Formation**

This class seeks to help resource parents understand what identify formation is; why it's important for children who have experienced complex trauma and how to support the process of identify formation.

**Thu 2/22**  
**6:00-8:00pm**  
**(2 hours)**

### **Effective Mental Health Treatment through a Trauma-Informed Lens\*\* (Medication Reqt)**

This training seeks to provide parents and caregivers with tips on how to be effective consumers of child psychiatry services. Included will be a general review of diagnostic evaluations, outcomes and evidence-based care, informed consent/assent, treatment adherence, medication side effect and safety issues, and tips when treatment is not working. There will also be an overview of commonly prescribed psychiatric medication classes - stimulants, SSRI antidepressants, and SGA antipsychotic medications. Discussions will illustrate points about medication adherence, monitoring, and outcomes. This training will center around Trauma-informed treatment, recognizing trauma and its impact on children and families. Families will learn how to integrate trauma informed care in comprehensive treatment, and the importance and benefit of trauma psychosocial services.

**Wed 2/28**  
**6:00-8:00pm**  
**(2 hours)**

### **Holding it Together – Disruption Prevention\*(Behavior)**

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.

## March

**Fri 3/1**  
**12:00-1:00pm**  
**(1 hour)**

### **Lunch and Learn with Foster Parent Ombuds Becky Rice**

As Maryland's newly appointed Resource Parent Ombuds, Becky Rice, serves as a dedicated advocate for resource parents across the State. Offering a direct line for resource parents to ask questions and voice their concerns, Becky will also serve as an intermediary when a neutral voice is needed to address differences between resource parents and a local Department of Social Services (DSS). Join us for this lunch and learn to find out how Becky can support you.

**Sat 3/9**  
**9:00-11:00am**  
**(2 hours)**

### **Helping Children Heal While Managing Behavior\* (Behavior)**

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.

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## Resource Parent Training Calendar February through June 2024

**Thu 3/14**  
**6:00-8:00pm**  
**(2 hours)**

### **Talking the Talk – Discussing Sexuality with Children**

Are you a parent/guardian running away from having “the talk” with your child? Are you unsure about how to start? Do you have questions about what’s appropriate and when? Join us for this interactive workshop to help explore your values around sexuality, learn how to have “the talk” with your child of any age, get resources for your young ones of all ages, and practice skills to answer youth questions about sexuality competently and comfortably. Parents can and should be the primary sexuality educators for their children. We’ll work with parents on how to address sexuality issues accurately and appropriately with their children within their own value system.

**Tue 3/19**  
**6:00-8:00pm**  
**(2 hours)**

### **Managing Placement Transitions**

Caregivers will learn how to effectively support children in both planned and unplanned placement transitions. Discussions will include both into/and out of the foster/adoptive home. Helping children feel welcome and ways of staying connected will be discussed.

## April

**Tue 4/9**  
**6:00-8:00pm**  
**(2 hours)**

### **Understanding Trauma and Sexualized Behavior in Children and Teens\* (Behavior)**

This seminar will provide an overview of “typical” childhood sexual behavior and development, and the factors that influence healthy versus unhealthy patterns. Participants will explore their own beliefs related to sexuality, as well as common myths and realities of childhood sexual abuse. The immediate and long-term impact of childhood sexual abuse will be discussed, and participants will gain a better understanding of the characteristics of children and teens who are more likely to exhibit sexualized and abusive behavior.

**Thu 4/18**  
**6:00-8:00pm**  
**(2 hours)**

### **Raising Your Cultural Intelligence in an Intolerant World**

How can parents heal racial trauma in today’s world? Tolerance and cultural competence are popular buzzwords often used as the antidote to racism and bigotry in our society. However, can we go a step further by encouraging racial respect? *Raising Your Child to Show Racial Respect in Today’s Society* is a training that helps parents learn ways to heal from racial trauma, while also improving their children’s multicultural awareness.

**Tue 4/23**  
**6:00-8:00pm**  
**(2 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 also 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).

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<b>Saturday</b> <b>4/27/24</b> 9:00am-3:00pm (5 training hours)	<b>SAVE THE DATE! - SPRING RESOURCE PARENT VIRTUAL CONFERENCE</b>  The resource parent conference provides education, resources, and tools to help with complex situations or issues related to caring for children, youth, and teens in out of home care. Attendees will experience a motivational keynote speaker and an opportunity to attend two breakout sessions. Details forthcoming via the conference website! <a href="https://theinstitute.umaryland.edu/ruth-young-center-for-maryland/child-welfare-academy/conference/">https://theinstitute.umaryland.edu/ruth-young-center-for-maryland/child-welfare-academy/conference/</a>
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### May

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| <b>Thu 5/2</b><br>6:00-8:00pm<br>(2 hours)   | <b>If Behavior's Aren't Making Sense, Maybe It's Sensory* (Behavior)</b><br>Come learn about sensory processing issues that some children develop due to abuse or neglect and learn ways to address them.  |
| <b>Wed 5/8</b><br>6:00-8:00pm<br>(2 hours)   | <b>Mindfulness: Use Oxygen on Yourself First so You Will Have Enough for Your Child</b><br>Mindfulness, an evidence-based practice, will help parents control their own stressful thinking and trigger reactions so their children can thrive at home, with friends and in school. When parents learn strategies for staying in the present moment, even when confronted with extremely challenging behaviors, they will have a deeper connection with their child, be more effective at establishing emotional safety, and avoiding power struggles. In this interactive training, participants will practice “user friendly” and accessible mindfulness techniques to incorporate in their everyday life and that they can teach their children. |
| <b>Sat 5/11</b><br>9:00-11:00am<br>(2 hours) | <b>Absent Parents - The Emotional and Psychological Effects on the Child Psyche</b><br>Various issues will be discussed including but not limited to family structure, mental health, addictions, juvenile delinquency, attachment, gender differences, and school engagement as it relates to absent parents. The presenter is a bi-cultural forensic social worker specialized in criminal defense mitigation, dual diagnosis, crisis intervention, addictions, trauma, and working with diverse ethnic groups.  |
| <b>Thu 5/16</b><br>6:00-8:00pm<br>(2 hours)  | <b>Adolescence and Trauma - Understanding the Relationship</b><br>This workshop outlines the developmental tasks of adolescence, including separation and individuation, and explores how each are severely impacted by trauma and the foster care experience. This workshop also offers tools and strategies to parents for understanding behavior and responding in a trauma-informed way that promotes healing and preserves the parent/child relationship.   |
| <b>Tue 5/21</b><br>6:00-8:00pm<br>(2 hours)  | <b>Early Childhood Challenging Behaviors* (Behavior)</b><br>Learn how to evaluate & address challenging behaviors of children who have experienced trauma in early childhood.  |

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**Thu 5/30**  
**6:00-8:00pm**  
**(2 hours)**

### **Working with African American Children and their Trauma - Where Does it Come From?**

It is essential that persons that work with populations of color, particularly African American/Black children are aware of some of the reasons for why they are hesitant to accept therapy, especially play as an effective way to heal their past hurts and trauma or those of their children.

## June

**Sat 6/8**  
**9:00-11:00am**  
**(2 hours)**

### **Unpacking the "No"**

All children deserve loving, permanent homes. Permanency offers an exciting opportunity for you, your family and the child/youth in care and, at the same time, requires careful consideration. This training examines the importance of a permanent family for all children and includes strategies parents can use to "unpack" a youth's hesitation and move them toward a desire for permanency.

**Mon 6/17**  
**6:00-8:00pm**  
**(2 hours)**

### **Healing Childhood Trauma in Foster Care\* (Behavior)**

Resource Parents are in a unique position to create healing, lasting relationships with children who have been traumatized. Come learn about why connecting to a traumatized youth can feel so difficult and how to help heal trauma by building a therapeutic parenting relationship even with children that fear connections. Learn the impact of trauma on a child's brain development and leave with tools to incorporate into your current parenting that help bring lasting change and healing to traumatized children.

**Questions? Contact Laura Teetermoran**

**[lteetermoran@ssw.umaryland.edu](mailto:lteetermoran@ssw.umaryland.edu) or (410)706-0721**

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