

CHILD WELFARE ACADEMY

Resource Parent Training Calendar

JULY to SEPTEMBER 2024



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.

JULY

Fri 7/19

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

Lunch and Learn with Foster Parent Ombuds Becky Rice

As Maryland's 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 7/20

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

FASD- How Prenatal Exposure Impacts the Child in Your Care and How You Parent*

This training offers resource parents an opportunity to better understand the impact of substance use on a child's brain development and aging. Participants will discover the common challenges children face Fetal Alcohol Spectrum Disorders (FASD) experience and why some of their behaviors

* 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

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are confusing and frustrating to parents. The training will show parents who are fostering children with FASD how to adjust their parenting strategies and expectations to best meet the child's needs.

Tue 7/23

**6:00-8:00pm
(2 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.

AUGUST

Fri 8/2

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

Lunch and Learn with MRPA Executive Director Stefany Lang

What is the Maryland Resource Parent Association? Join Executive Director, Stefany Lang, to learn what MRPA is and what they do for the state's foster and kinship parents. Topics include how MRPA can answer questions and provide support, represent caregivers needs with state agencies, advocate for changes in policy and law, and support local resource parent groups.

Mon 8/5

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

#ResourceParent Refresh

Fostering is hard work, and they weren't kidding when they said it takes a village! Partnering with DSS, supporting reunification, and navigating the court process while caring for children with complicated stories and big feelings can seem unmanageable. Join us as we explore strategies and tips for navigating our system while reviewing the nuts and bolts of foster parenting in Maryland.

Thu 8/15

**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 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.

Tue 8/20

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

When Things Are Really Hard You Might Be in Blocked Care* - Resource parents become exhausted, frustrated, and ready to give up with a child who is acting out, unappreciative and unrewarding, the parent may understandably be stuck in blocked care due to the stress they are experiencing. Based upon the work of Drs. Jon Baylin and Dan Hughes, this training will help resource parents understand that their brain - in blocked care - is a predictable response to toxic stress. Parents will develop self-compassion and learn strategies for increasing their capacity to empathize and reconnect with the child, as well as be a healing resource for them.

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SEPTEMBER

Sat 9/7
9:00-11:00am
(2 hours)

Helping Children Heal While Managing 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.

Tue 9/10
6:00-8:00pm
(2 hours)

Effective Mental Health Treatment through a Trauma-Informed Lens (Medication Req)-** 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.

Thu 9/19
6:00-8:00pm
(2 hours)

Cultural Humility^- Obtain an overview of cultural humility; recognize the importance of honoring and incorporating children's cultural identity and respecting families from varying races, religions, ethnicities, and economic statuses; openness to a child's sexual orientation, gender identity and expression; able to view these differences from a strengths-based perspective; strategies for parents who are fostering or adopting to respect as well as navigate differences in values from the children and birth families; acknowledge the imbalances of power and inequities.

Questions? Contact Laura Teetermoran

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

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