

# CHILD WELFARE ACADEMY

## Resource Parent Training Calendar

### January through March 2026



### 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**

### IMPORTANT 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.

## January

<b>Wed 1/7 6:00-8:00pm (2 hours)</b>	<b>Foster Care – A Means to Support Families of Origin <sup>^^</sup></b> 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 the challenges they may be facing. Caregivers will learn strategies to nurture children's relationship with their birth parents and integrating and maintaining ongoing 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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\* Indicates training that meets the Discipline/Behavior Requirement

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

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

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<b>Friday 1/9</b> <b>12:00-1:00pm</b> <b>(1 hour)</b>	<b>Resource Family Requirements Re-envisioned (COMAR Updates)</b> Join the Social Services Administration Out-of-Home team to learn about regulation and policy changes related to the resource home licensing process and the yearly annual reconsideration. Staff will review changes related to the use of bunkbeds, training requirements, vaccination and medical requirements, and home inspections.
<b>Sat 1/10</b> <b>9:00-11:00am</b> <b>(2 hours)</b> <b>MEDICATION</b>	<b>Medication Management – Children’s Mental Health Defined**</b> Through this training, parents will understand some of the causes of mental health in children and the prevalence of, and criteria for, a mental health diagnosis. Treatments for children will also be discussed.
<b>Thu 1/22</b> <b>6:00-8:00pm</b> <b>(2 hours)</b> <b>BEHAVIOR</b>	<b>Conflict Resolution and Strengthening Families*</b> 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.
<b>Tue 1/27</b> <b>6:00-8:00pm</b> <b>(2 hours)</b>	<b>You Cannot Pour from an Empty Cup: The Impact of Trauma and the Benefits of Self Care for Foster Parents</b> - This workshop will identify the primary and secondary traumas of foster parenting and normalize the range of symptoms they can produce. We will not only identify the hazards of the job, but will look closely at how those challenges, if left unaddressed, can undermine the good work you've set out to do on behalf of your child. We will explore strategies for self-awareness, self-correction, and most importantly, self-care that are tailored for the unique dynamics of foster parenting.
<b>Fri 1/30</b> <b>12:00-1:00pm</b> <b>(1 hour)</b>	<b>A Constellation of Caregivers – Understanding KinFirst in Maryland</b> This training will guide participants through the principles, policies, and practices that center families and trusted connections in the child welfare system. This session will highlight how kin caregivers and non-kin resource parents form a vital network of support and healing. These caregivers are key partners in Maryland’s continuum of care, supporting children through transitions and helping to preserve connections to family, culture, and community. This training will deepen caregivers understanding of how Maryland is reimagining care—family matters, with every caregiver shining as part of the constellation

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## February

<b>Tue 2/10</b> <b>6:00-8:00pm</b> <b>(2 hours)</b>	<b>#ResourceParent Refresh</b> 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.
<b>Tue 2/17</b> <b>6:00-8:00pm</b> <b>(2 hours)</b> <b>MEDICATION</b>	<b>Medication Management - Being Truly Trauma-Informed: Looking Beyond the Diagnosis **</b> 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
<b>Fri 2/20</b> <b>12:00-1:00pm</b> <b>(1 hour)</b>	<b>Digital Safety</b> Through facilitated discussion, video, and practical demonstrations, participants will learn about online safety and how to protect children from technology-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, and other dangers. Additional resources will also be discussed.
<b>Thu 2/26</b> <b>6:00-7:30pm</b> <b>(1.5 hours)</b>	<b>The Trevor Project's Ally Training</b> This cultural competency training is designed to create dialogue around being an adult ally for youth with diverse sexual orientation and gender identity.

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## March

<b>Saturday</b> <b>3/7/26</b> <b>9:00am-</b> <b>3:00pm</b> <b>(5 training</b> <b>hours)</b> <b>BEHAVIOR</b> <b>MEDICATION</b>	<b>SPRING RESOURCE PARENT VIRTUAL CONFERENCE</b> Attendees will experience a motivational keynote speaker, Dr. Kyla Liggett-Creel, and an opportunity to attend breakout sessions that will address sensory issues, children's mental health and treatment, trauma informed parenting, and supporting children who are neurodivergent. Details can be found on the registration link! <a href="https://theinstitute.ce21.com/page/rpt_catalog-5615">https://theinstitute.ce21.com/page/rpt_catalog-5615</a> <i>*Medication and Behavior Training will be available</i>
<b>Tue 3/24</b> <b>6:00-8:00pm</b> <b>(2 hours)</b> <b>BEHAVIOR</b>	<b>Preparing a Trauma-Informed Home: What it Means for You, Your Family and the Child in Your Care ^^*</b> - When a child comes to you from foster care, they are experiencing loss, uncertainty and fear about how your home will be different from the one they just came from. Preparing yourself and your family to welcome a child who has experienced trauma, separation, and loss brings challenges that are not always known from the beginning. In this training, participants will learn practical strategies to support the needs of everyone during the time of transition and beyond. Particular focus is placed on managing expectations and creating an environment that feels safe physically and emotionally for the child coming into your home.
<b>Mon 3/30</b> <b>6:00-8:00pm</b> <b>(2 hours)</b>	<b>Navigating the 7 Core Issues: Understanding the Kinship Caregiver Experience</b> This training explores the 7 Core Issues of Adoption and Permanency including loss, rejection, guilt/shame, grief, identity, intimacy, and mastery and how they show up specifically for kinship caregivers. Participants will examine the concept of ambiguous grief, including the emotional complexity of stepping into a parenting role while grieving the loss of their original identity as a grandparent, aunt/uncle, or sibling. Through guided discussion, reflection, and practical strategies, caregivers will gain insight into their own emotional experiences, learn how to support the children in their care through trauma-informed approaches, and build resilience in their caregiving journey.

**Questions? Contact Laura Teetermoran**

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**or (410)706-0721**

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