

CHILD WELFARE ACADEMY

Resource Parent Training Calendar

March through June 2026



Welcome!

Our training is provided for all Maryland Resource Parents and Kin Caregivers working directly through their County DSS. All trainings are FREE.

REGISTER HERE - <https://theinstitute.ce21.com/>
CLICK JOIN the RPT (Resource Kinship) Group
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.

March

Saturday 3/7/26 9:00am-3:00pm (5 training hours) BEHAVIOR MEDICATION	SPRING RESOURCE PARENT VIRTUAL CONFERENCE 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! https://theinstitute.ce21.com/page/rpt_catalog-5615 <i>*Medication and Behavior Training will be available</i>
Fri 3/13 11:00am-1:00pm (2 hours)	Understanding the Ins and Outs of Guardianship and Adoption Join us as we explore the ins and outs of adoption and guardianship, including timeframes, court hearings, mediation, post-adoption contact agreements, navigating ongoing contact with birth families, adoption and guardianship subsidies, and important resources
Thu 3/19 6:00-7:30pm (1.5 hours)	The Trevor Project’s Ally Training This cultural competency training is designed to create dialogue around being an adult ally for youth with diverse sexual orientation and gender identity.

** Indicates training that meets the Discipline/Behavior Requirement*

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<p>Tue 3/24 6:00-8:00pm (2 hours) BEHAVIOR</p>	<p>Preparing a Trauma-Informed Home: 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.</p>
<p>Mon 3/30 6:00-8:00pm (2 hours)</p>	<p>Navigating the 7 Core Issues: Understanding the Kinship Caregiver Experience 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.</p>

April

<p>Thu 4/9 6:00-9:00pm (3 hours)</p>	<p>Supporting Children in Care Through Parent Partnership This workshop will introduce resource parents to the Icebreaker Tool in engaging families (biological and resource) to develop relationships structured to support the child while they stay in state custody. Icebreakers aren't FIMs or group consultation meetings, they are facilitated meetings conducted in a non-threatening environment structured to support contact between all parties during the life of the case. Resource parents learn ways they can contribute positively to the biological parent's adjustment to their child being in care as well as enhance the visitation process to reach positive outcomes for Maryland's children and families.</p>
<p>Sat 4/11 9:00-11:00am (2 hours) MEDICATION</p>	<p>Medication Management – Children's Mental Health Defined ** 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.</p>
<p>Wed 4/15 6:00-8:00pm (2 hours)</p>	<p>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</p>

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	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.
Fri 4/17 12:00-1:00pm (1 hour)	Top 10 Car Seat Mistakes Through this webinar, caregivers will be introduced to the most common mistakes related to car seat selection, installation, and harnessing errors. Participants will review misuse corrections and be able to ask individualized questions. Child passenger resources in Maryland will also be shared.
Tue 4/21 6:00-8:00pm (2 hours) BEHAVIOR	Discipline with a Foster/Adoption Care Twist* Foster and adoptive children who have experienced maltreatment and other forms of trauma require specialized discipline approaches that enhance relationships, build connections, preserve self-esteem, and avoid re-traumatization. There are numerous behavior management programs and discipline techniques that are effective for mainstream parenting but may need to be adapted to meet the unique needs of adopted and foster children. This workshop will explore how elements of traditionally accepted approaches such as 123-magic, Love and Logic, time-out, and lecture can be tweaked for children with traumatic histories. Participants will learn specific strategies they can begin applying immediately.
Mon 4/27 6:00-8:00pm (2 hours)	Improving Communication with Your Teens Adolescence is a trying time for both teenagers and their families. While all teens struggle with issues related to identity formation, these concerns are often compounded for teens in foster care or who have been adopted. This can make parenting a foster/adopted teen a challenging and complex endeavor, requiring a unique set of skills and strategies. This interactive workshop will provide a comprehensive overview of typical vs. atypical teen development. Some difficult behaviors that might be encountered such as defiance, lying/stealing, and control battles will be explored, and parents will gain a better understanding of why their teens behave the way they do. Resource and adoptive parents will learn skills to support their teens and establish a more peaceful and cooperative relationship.

May

Fri 5/1 12:00-1:00pm (1 hour)	Resource Family Requirements Re-envisioned (COMAR Updates) 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.
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<p>Sat 5/2 9:00-11:00am (2 hours) BEHAVIOR</p>	<p>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).</p>
<p>Wed 5/6 6:00-8:00pm (2 hours)</p>	<p>Addicted to Likes – Social media and Mental Health Social media platforms, in particular, networking sites like Facebook and Instagram, which currently have over a billion users and are growing worldwide have become increasingly popular and pervasive over the years. Currently, there is a plethora of social media sites that allow users to create a profile and within seconds they are connected to millions of people. This workshop will explore the role of social media and how it relates to mental health issues like depression, anxiety, self-validation, and social comparison. This workshop will also explore various issues such as user typologies, gender traits, sleep disturbances, addictive patterns to social media, and overall mental health implications for prolonged social media use.</p>
<p>Fri 5/15 12:00-1:00pm (1 hour)</p>	<p>MRPA Lunch and Learn 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.</p>
<p>Tue 5/19 6:00-8:00pm (2 hours) MEDICATION</p>	<p>Medication Management – Effective Mental Health Treatment^{**} 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.</p>

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<p>Tue 5/26 6:00-8:00pm (2 hours)</p>	<p>Children in Foster Care: Understanding the Need for Identify Formation This class seeks to help resource parents understand what is identify formation; why it's important for children who have experienced complex trauma and how to support the process of identify formation.</p>
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June

<p>Thu 6/4 6:00-8:00pm (2 hours) BEHAVIOR</p>	<p>What to Do When Your Child Lies, Steals and Hoards Food* It is natural that parents feel hurt, angry and frustrated when their child repeatedly lies to their face without feeling guilty, remorseful or taking any responsibility. Stealing from family members, teachers or the child's classmates and friends is another issue that is very challenging for parents. It is equally hard to understand why a child would hide food in their room when there is plentiful food available. For parents to understand how to help make sense of their child's behaviors, it is essential to understand what is behind the behavior. When children behave in this way, it is an indication that they are not feeling emotionally safe because they are traumatized and in "blocked trust." This training will help parents make sense of lying, stealing, and hoarding and will provide strategies that will help their children develop healthier behaviors.</p>
<p>Fri 6/12 12:00-1:00pm (1 hour)</p>	<p>Digital Safety 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.</p>
<p>Wed 6/17 6:00-8:00pm (2 hours)</p>	<p>Attachment and Trauma - Helping Kids Heal 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 approaches to understanding trauma will serve as the framework for introducing parenting strategies that support and encourage a healing process for the foster youth.</p>
<p>Fri 6/26 11:00am-1:00pm (2 hours) MEDICATION</p>	<p>Medication Management - Being Truly Trauma-Informed: Looking Beyond the Diagnosis ** This training will include 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. 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</p>

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	learn how to integrate trauma informed care in comprehensive treatment, and the importance and benefit of trauma psychosocial services.
Tues 6/30 6:00-8:00pm (2 hours)	Building Safety and Trust: Supporting Youth with Diverse SOGIE Do you want to learn more about LGBTQ youth? Are you unsure how to support gay and lesbian youth? This training will explore the broad range of gender identity and sexual orientation. This course will review inclusive terms and definitions. In addition to discussion and other interactive activities, local resources for children and families will be identified.

Questions? Contact Laura Teetermoran
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or (410)706-0721

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