

# Fall 2016

## Resource Parent Conference

Saturday, October 8, 2016

8:30am-4:00pm

On-Site Registration begins at 7:30am

Conference Center at the Maritime Institute  
692 Maritime Blvd., Linthicum Heights, MD 21090

### Participants will enjoy:

Motivational  
Keynote

Morning &  
Afternoon  
Workshops

Breakfast &  
Lunch

Afternoon  
Snacks

Gift Basket  
Raffles

Vendors

Capstone  
Address

### Morning Workshops

**Discipline: Finding Children's Strengths in the Oddest Places** (*Meets Maryland's Behavior Management Requirement*) Do you have a love/hate relationship with discipline? Do you question whether you're doing it "right"? If so, then you are a normal parent! It is very easy to fall into the trap of focusing on negative behaviors and what is not going right. Join the discussion that will leave you feeling inspired and with tangible skills and ideas on how to tackle situations from a different perspective.

**Making the Most of Visitation** 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 consultations meetings, they are facilitated meetings conducted in 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.

**Medication & Child Mental Health Needs** The presence of mental health needs in children in the Child Welfare System has been estimated to affect more than half of this population. The use of medication can be an important part of the overall treatment plan. Resource parents are key players here in providing ongoing information on medication results. To assist them with this important task, this workshop will review the primary diagnoses and categories of medications used with children, their therapeutic effects, possible side effects, and overall guidelines.

**Talking the Talk: Discussing Sexuality with your Children, A Program for Parents** The goal of this workshop is to empower people to develop a broader understanding of human sexuality and make healthy, responsible decisions for a lifetime. Planned Parenthood believes that parents can and should be the primary sexuality educators for their children. Learn how to address sexuality issues accurately and appropriately with children within your own value system.

**Creating Teachable Moments** Learn how to use a two-part process to teach life skills. Part one, share your knowledge about and techniques for planning and decision-making; part two, provide the youth with opportunities to practice!

**Registration:** [www.family.umaryland.edu/rpt](http://www.family.umaryland.edu/rpt)

Or you may call 410-706-0721 / 410-706-4509

*Participants who attend the full day will receive 7 CEUS.*

*Afternoon workshop descriptions on reverse.*

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### Afternoon Workshops

#### Participants will enjoy:

Motivational  
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#### **Attachment and Trauma: Helping Kids Heal Through Reparative Relationships**

*(Meets Maryland's Behavior Management Requirement)* 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. This 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.

**Social Media Safety & Bullying** The use of technology has afforded us many opportunities including having the ability to engage and access resources, information, and developing relationships. With this access, also come many new challenges. With Social Media being a commonly used mode of communication for youth, we must become familiarized with the various platforms, explore how they can be used effectively and appropriately, and identify concerns, specifically around cyber-bullying.

**How Electronics Affect Children's Thinking, Feeling, & Behavior** Technology has evolved at a rapid pace during the past quarter century. While this has brought us vast opportunities, the growth of technology has also outpaced our understanding of its influence on the human nervous system. The nervous systems of children and adolescents, being "works in progress" are more vulnerable, for better or worse, to the impacts of a "love affair" with our devices. This workshop will provide an overview of ways that technology can affect children, and to a lesser degree, adults as well. Recommendations for structuring the use of technology to facilitate children's intellectual, emotional, and behavioral functioning will be offered.

**Drugs: Identification & Effects** Participants will learn what to look for and how to identify controlled dangerous substances from a Maryland State Police Lieutenant.

**Navigating the Challenges of the Educational System** This workshop, presented by the Maryland Disability Law Center, will provide resource parents with information on what Maryland schools are required to provide regarding student records and sharing information. Parents will learn about their role and the schools' in relation to enrollment, transfers, special education, educational surrogates, guardianship, IEPs, 504 Plans, and transition planning for students with disabilities.

**TO REGISTER...**go to [www.family.umaryland.edu/rpt](http://www.family.umaryland.edu/rpt) and use the green conference button to reach the RPT LearnCenter login page, where you will be asked for your username and password. Once logged in, click the green conference button on the left.

If you do not know your username and/or password, please email [abouldin@ssw.umaryland.edu](mailto:abouldin@ssw.umaryland.edu) to request your username and password.

If you need assistance registering for the conference, please call 410-706-0721 or 410-706-4509.

