

Fall 2018

Resource Parent Conference

Saturday, October 27, 2018

8:00am-4:30pm (6 training hours)

On-Site Registration begins at 7:15am. Register ahead online!

College of Southern Maryland, 8730 Mitchell Rd, La Plata, MD 20646

REGISTRATION: www.family.umaryland.edu/rpt or you may call 410-706-0721 / 410-706-4509

Morning Workshops – Two Hours – Choose One

Participants
will enjoy:

Motivational
Keynote

Morning &
Afternoon
Workshops

Breakfast &
Lunch

Door Prizes

Vendors

Resource
Parent
Associations

Adolescence and Trauma – Understanding the Connection

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.

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!

Discipline with an Adoption / Foster Care Twist*

(Meets Maryland's Behavior Management Requirement)

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. Based on the work of Doris Landry, MS, 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.

If Behaviors Aren't Making Sense, Maybe Its Sensory*

(Meets Maryland's Behavior Management Requirement) Come learn about sensory processing issues that some children develop due to abuse or neglect and learn ways to address them.

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.

Afternoon workshop descriptions on reverse.



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Basic LGBTQ Competency for Resource Parents

This critical session equips parents with a comprehensive foundation of knowledge on lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) individuals and their experiences within the child welfare system. Participants will learn key concepts and terminology related to sexual orientation, gender identity and expression (SOGIE). Research findings on the prevalence and experiences of LGBTQ youth in foster care will be explored. The session concludes by outlining the steps every parent can take to welcome and affirm LGBTQ youth within their homes and beyond.

Digital Safety

Through facilitated discussion, video, and practical demonstrations, participants will learn about online safety and how to protect children from technologically 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, other dangers and additional resources.

Holding it Together: Disruption Prevention*

(Meets Maryland's Behavior Management Requirement) There are times when foster and adoptive parents become so overwhelmed with the challenges of caring for a complicated and hurt child that they want to 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 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.

The Power of Healing Foster Parent Relationships for Traumatized Children in Foster Care

Participants will gain a basic understanding of trauma and its impact on youth in care and leave with applicable tools for helping traumatized children by building a therapeutic, healing relationship with the child.

Understanding and Recognizing Trauma Behavior*

(Meets Maryland's Behavior Management Requirement) This interactive workshop will allow participants the opportunities to understand definitions of trauma and learn how trauma impacts development and behavior across the lifespan. Participants will also be able to identify practical intervention strategies to employ in daily practice for self-care, and as a means of support for children in foster care. Vignettes and scenarios will be used to allow participants to identify best strategies to employ when faced with opportunities to support children impacted by trauma.

TO REGISTER go to www.family.umaryland.edu/rpt

Use the CONFERENCE button to reach the RPT LearnCenter login page, where you will be asked for your username and password. Once logged in, click the conference button on the left.

If you do not know your username and/or password, please email lteetermoran@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.