



## Resource Parent Training Calendar February through April 2025

### 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/>**

### IMPORTANT POLICIES

## February

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 private agency families and informal kinship caregivers as space allows.

**Sat 2/1**  
**10:00-12:00pm**  
**(2 training hours)**

#### **Finding the "I" in the Storm: Practical Tools for Building Parent Resilience**

In this practical experiential training, you will learn new strategies to help you reconnect with your inner calm to manage your thoughts and emotions during periods of crisis, chaos, and upset. You will come away with easy-to-access strategies to build your parenting resilience through practical tools such as: Tapping - using easy techniques to calm your nervous system, Brain Gym - increasing your focus, attention, and brain function to more effectively problem solve, Mindfulness - learning how to detach from emotional distress in the moment.

**Thu 2/6**  
**6:00-8:00pm**  
**(2 training hours)**

#### **Child Development<sup>^</sup>**

Understand typical child development as well as disrupted child development. Developmental delays and how to meet children's developmental needs will be discussed. This training will help caregivers to recognize the unique challenges associated with parenting children from each developmental stage.

\* 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



**Tue 2/11**  
**6:00-8:00pm**  
**(2 training hours)**

### **Effective Mental Health Treatment through a Trauma-Informed Lens\*\***

This training offers tips on how to be effective consumers of child psychiatry services including general review of diagnostic evaluations, outcomes, evidence-based care, informed consent/assent, treatment adherence, medication side effects and safety issues, and tips when treatment is not working. This training will center around Trauma-informed treatment and recognizing trauma and its impact on children and families.

**Wed 2/19**  
**6:00-8:00pm**  
**(2 training hours)**

### **Holding it Together – Disruption Prevention\***

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 placed 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.

**Mon 2/24**  
**6:00-8:00pm**  
**(2 training hours)**

### **#ResourceParent Refresh**

Fostering and kinship care 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.

**Fri 2/28**  
**12:00-1:30pm**  
**(1.5 training hours)**

### **The Trevor Project's LGBTQ+ Ally Training**

This cultural competency training is designed to create dialogue around being an adult ally for LGBTQ+ youth by informing participants about common terminology, the "coming out" process, and challenges at home, in school, and the community.

## March

**Sat 3/8**  
**9:00-3:00pm**  
**(6 training hours)**

### **RESOURCE PARENT VIRTUAL CONFERENCE**

The resource parent conference provides education, resources, and tools to help with complex situations or issues related to caring for children, youth, and teens in out of home care. Attendees will experience a motivational keynote speaker and an opportunity to attend two breakout sessions. Details forthcoming via the conference website!

**\*Behavior and Discipline workshops will be offered**

<https://theinstitute.umaryland.edu/our-work/ruth-young-center-for-maryland/child-welfare-academy/conference/>

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## Resource Parent Training Calendar February through April 2025

- Fri 3/14**  
**12:00-1:00pm**  
**(1 training hour)**
- 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.
- Tues 3/25**  
**6:00-8:00pm**  
**(2 training hours)**
- 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.
- Fri 3/28**  
**12:00-1:00pm**  
**(1 training hour)**
- Child Passenger Safety Building Blocks**  
This training will help caregivers become familiar with Maryland's Child Passenger Safety Laws. Through an interactive discussion, parents will be able to recognize appropriate car seat types for infants and children, including key points of installing a rear-facing car seat. Caregivers will learn the proper harnessing of infants in car seats and receive Child Passenger Safety resources.

## April

- Wed 4/2**  
**6:00-8:00pm**  
**(2 training hours)**
- Play Therapy 101 for Parents**  
Through this workshop, caregivers will gain an understanding of play therapy, and learn how it differs from regular play. Caregivers will leave understanding the eight basic principles of play therapy and be able to define TheraPlay and its impact on attachment. Parents will understand how to set limits using ACTS and learn strategies and opportunities to participate in forms of Release Therapy. Caregivers will be guided on how to advocate for this resource as needed for their children.
- Sat 4/5**  
**9:00-11:00am**  
**(2 training hours)**
- Building Children's Resilience^**  
The purpose of this training is to help foster and adoptive parents understand concepts and definitions related to enhancing resiliency in children who have experienced loss, separation, or other traumatic experiences; understand the protective factors; how to build upon protective factors; become aware of strategies that support children and develop their identity, self-esteem, and skills towards self- advocacy.

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## Resource Parent Training Calendar February through April 2025

**Mon 4/14**  
**6:00-8:00pm**  
**(2 training hours)**

### **The Ins and Outs of Guardianship and Adoption**

The path to adoption finalization and guardianship can be confusing and it's important for resource families to understand the process. 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.

**Tue 4/22**  
**6:00-8:00pm**  
**(2 training hours)**

### **Responding to Children in Crisis<sup>^\*</sup>**

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).

**Fri 4/25**  
**12:00-1:30pm**  
**(2 training hours)**

### **The Trevor Project's CARE (Connect, Accept, Respond, Empower) Training**

This cultural competency training is designed to create dialogue around being an adult ally for LGBTQ+ youth by informing participants about common terminology, the "coming out" process, and challenges at home, in school, and the community.

### **Attendance Policy**

You must attend the entire training to receive credit.

No partial credit can be given.

Tango E-Gift Cards will only be issued for in person training per DHS Policy as of 1/1/23.

### **Sharing a device with a partner?**

If you are watching with a partner from the same device you must both be visible on camera for the duration of the training.

You are also welcome to use two devices with cameras off.

If you are viewing training from home, please use earphones as some content is confidential or not appropriate for children

***Questions? Contact Laura Teetermoran***

***[lteetermoran@ssw.umaryland.edu](mailto:lteetermoran@ssw.umaryland.edu) or (410)706-0721***

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