

CHILD WELFARE ACADEMY

Resource Parent Training Calendar

August through December 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/>

**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.

August

Sat 8/2
9:00-11:00am
(2 hours)

Understanding Trauma and Sexualized Behaviors in Children and Teens*

This seminar will provide an overview of "typical" childhood sexual behavior and development, and the factors that influence healthy versus unhealthy patterns. Participants will explore their own beliefs related to sexuality, as well as common myths and realities of childhood sexual abuse. The immediate and long-term impact of childhood sexual abuse will be discussed, and participants will gain a better understanding of the characteristics of children and teens who are more likely to exhibit sexualized and abusive behavior.

Thu 8/7
6:00-8:00pm
(2 hours)

Sibling Separation and Healing Connections

Being placed with a sibling during a time of the unknown creates a small sense of normality. However, despite the benefits most siblings are often separated when they enter the foster care system. This webinar will explore how to help children process, grieve, and thrive despite sibling separation so that they can have healing connections. This training will

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** Indicates training that meets the Medication Management Requirement

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

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provide tools, caregiver recommendations, and strategies to help siblings stay connected and heal during the separation process.

Fri 8/15

12:00-1:00pm
(1 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.

Mon 8/18

6:00-8:00pm
(2 hours)

Building Parental 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.

September

Wed 9/3

6:00-8:00pm
(2 hours)

Advocacy as a Resource Parent: What You Need to Know

This training will help resource parents better understand their role as an advocate(s) for the child(ren) in their care. Participants will come away with knowledge about the basics of advocacy and will develop strategies to successfully negotiate services and supports that a child in their care may need, including how to work with professionals in both the medical, mental health, and educational arenas.

Mon 9/8

6:00-8:00pm
(2 hours)

Medication Management - 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.

Sat 9/13

9:00-11:00am
(2 hours)

Continuing Bonds and Attachment in Grief

Though continuing bonds theory is one of the most widely accepted and applied models among grief therapists and counselors, many clinicians who do not specialize in grief and the general public have limited knowledge of continuing bonds theory and its applications. A person's existing attachment style can have an impact on their grief, and grief can also have a significant impact on a person's attachment style. This session will provide a strong

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foundation in continuing bonds theory and attachment theory as it relates to grief and loss, as well as tools and activities to support continuing bonds.

Wed 9/17
6:00-8:00pm
(2 hours)

Talking Tough Topics: Helping Children Navigate Substance Use and Parental Addiction
This interactive presentation is designed for resource and kinship parents who are caring for children affected by substance-related issues and parental addiction. Participants will learn effective communication strategies to help children understand and process their experiences while fostering a supportive environment. The session will cover age-appropriate language, emotional support techniques, and practical resources to aid in these critical conversations. By equipping parents with the tools they need, we aim to promote healing and resilience in children facing these challenges.

Thurs 9/25
6:00-8:00pm
(2 hours)

Staying Connected Even When You Discipline: A Guided Discussion*
This training is a guided discussion for approaching discipline as an opportunity for relationship building and repair with children with a history of trauma. It will include a review of COMARs discipline regulations. Parents will participate in a discussion about the “why” for disciplining youth in care and learn a foundational strategy to approach discipline with traumatized youth in care. Participants will have the opportunity to discuss specific discipline techniques and whether they are appropriate for youth in care.

October

Saturday
10/4/25
9:00am-
3:00pm
(5 training
hours)

SAVE THE DATE! - FALL 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!
<https://theinstitute.umaryland.edu/ruth-young-center-for-maryland/child-welfare-academy/conference/>

Fri 10/24
12:00-2:00pm
(2 hours)

Understanding the Association Between Foster Care & Human Trafficking
Gain a better understanding of what human trafficking is, the basics of domestic minor sex trafficking and forced labor trafficking, how to better ID potential trafficking victims, the laws and referral mechanisms, myths, and misconceptions about sex trafficking, and much more.

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Tue 10/28
6:00-8:00pm
(2 hours)

A Foster Parents Survival Guide: Navigating Trauma, Birth Parents, and an Agency
We will explore the inherent challenges of the foster parent experience, which includes agency and social worker involvement, birth family involvement, and the traumatizing effects of parenting a child who's been traumatized. We will explore strategies for promoting healthy, functional relationships with every team member with an emphasis on communication and remaining child focused. We will also explore the impact of secondary trauma on foster parents and review meaningful interventions for self-care.

November

Thu 11/6
6:00-8:00pm
(2 hours)

Medication Management - 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.

Sat 11/8
9:00-11:00am
(2 hours)

Addicted to Likes and Social Acceptance
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.

Fri 11/14
12:00-1:00pm
(1 hour)

MRPA Lunch and Learn with Stefany Lang
Join Executive Director, Stefany Lang, to learn what MRPA is and what they do for the state's foster and kinship parents.

Tue 11/18
6:00-8:00pm
(2 hours)

Helping Children Heal While Managing Behaviors*
This seminar explores how biology and the environment interact to shape behavior, as well as how trauma, attachment, and brain development factor into the equation. Parents will learn how to handle undesirable behaviors in ways that help children make long-term changes, and how to recognize and handle their own reactions to their child's behaviors and attitude. The different types of challenging children will be discussed including the highly sensitive child, the defiant child, the inattentive child, the active/aggressive child, and the self-absorbed child. Through real-life scenarios, tangible strategies will be presented to manage a variety of concerns such as food issues, stealing, aggressive outbursts, and lying.

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December

Tue 12/2
6:00-8:00pm
(2 hours)

Understanding the Difference Between Adoption and Guardianship

We all understand that reunification is the goal of foster care, but when reunification is not possible, children and teens need adoptive and guardianship families who can provide them with permanency. 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.

Sat 12/6
9:00-11:00am
(2 hours)

Help Me Love This Child: When Loving Hurt Children Hurts the Family*

In Foster Care, we so often focus on the impact of trauma on the child, but what about the impact on the family of bringing a traumatized child into the home? Come learn about the impact of secondary trauma on parents and siblings and participate in an open discussion about self-care, boundary setting, and seeking help when a foster child's old hurts are impacting your day-to-day life.

Mon 12/8
6:00-8:00pm
(2 hours)

Parenting in Racially and Culturally Diverse Families**

Understand the impact of parenting children from different races/ethnicities/cultural backgrounds. Caregivers will explore how to honor and incorporate a child's race/ethnicity/culture into the existing family system. This workshop will identify strategies to help children develop positive and proud identities and help children and families prepare for and handle racism, including microaggressions. Caregivers will also explore implicit biases.

Fri 12/12
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.

Questions? Contact Laura Teetermoran

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or (410)706-0721

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