CHILD WELFARE ACADEMY

SPRING 2022 Resource Parent Training Calendar

Welcome!

Our training is provided for all licensed Maryland Resource Parents and Informal/Formal Kinship Caregivers.

Currently workshops are ONLINE ONLY via Zoom at the designated date and time.
Registration usually opens a month ahead of the class.
Participants can access Zoom via computer, tablet, or smart phone.
All trainings are FREE.

***** First time users must contact Laura Teetermoran for registration access*****
lteetermoran@ssw.umaryland.edu or (410)706-0721
Registration is required at https://theinstitute.myabsorb.com/

January

Mon 1/10
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.

Thu 1/20
11:00am-
1:00pm
(2 training hours)

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. 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.

Sat 1/22
9:00-12:00am
(3 training hours)

Historical and Intergenerational Trauma
"HIT" the Road to Recovery" is an evidence-based training that enriches cultural competency. Participants will learn about the effects of HIT on individuals, families, and communities. The training intends to minimize the protraction of Historical and Intergenerational Trauma. It offers strength-based plans of action for individuals, families, and communities.

Thu 1/27
6:00-8:00pm
(2 training hours)

Realities of Reunification
Reunification is the first and most common goal for children in the foster care system, which resource parents learn early in their initial training. The challenges of doing the work to support a child and family towards reunification, along with the emotional realities of loving a child and having to let go, can be harder to manage in real life. Learn how to face the challenges and process the realities with a former resource parent who has experienced it firsthand & who professionally specializes in attachment and trauma.

UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION
AND IMPLEMENTATION

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

CHILD WELFARE ACADEMY
SPRING 2022 Resource Parent Training Calendar

February

Wed 2/2
6:00-9:00pm
(3 training hours)

Trust-Based Relational Intervention (TBRI) – Part 1
Learn about the three principles for TBRI- Connection, Empowerment, & Correction. These principles help to foster a healing relationship with children from a young age through adolescence, to help youth meet developmental targets.

Sat 2/5
9:00-11:00am
(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.

Thu 2/10
6:00-8:00pm
(2 training hours)

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, other dangers and additional resources.

Wed 2/16
6:00-9:00pm
(3 training hours)

TBRI – Part 2 – The Connecting Principle
Learn more about the foundation of attachment and why it is important to understand a child's relational and behavioral strategies. Learn how to disarm the fear response that triggers youth from hard places, and the impacts of our own attachment history.

Tue 2/22
6:00-9:00pm
(3 training hours)

Adolescence and Trauma – Understanding the Relationship*
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 overview provides a useful context for parents and staff as they attempt to make sense of the changes their foster youth is experiencing and support them as they encounter the challenges that are unique to this developmental period. 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.

Mon 2/28
6:00-9:00pm
(3 training hours)

Resource Parent Survival Guide – Insights for Navigating Trauma, and Partnering with Birth Parents and Agencies
This workshop will explore the 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. Strategies for promoting healthy, functional relationships with every team member with an emphasis on communication and remaining child-focused will be explored. The impact of secondary trauma for foster parents and meaningful interventions for self-care will be discussed.

UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION
AND IMPLEMENTATION

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

March

Fri 3/4
12:00-1:00pm
(1 training hour)

Child Passenger Safety Building Blocks
Parents of children 0-10 years old will learn the Building Blocks of Child Passenger Safety. Participants will learn general information about car seats and booster seats, including selection, direction, location, installation and harnessing, with time for Q&A and additional resources.

Tues 3/8
6:00-8:00pm
(2 training hours)

Early Childhood Challenging Behaviors*
Learn how to evaluate & address challenging behaviors of children who have experienced trauma in early childhood.

Mon 3/14
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 a 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.

Fri 3/18
12:00-1:00pm
(1 training hour)

Top Car Seats Mistakes and How to Fix Them
More than 80% of people in Maryland who participate in a car seat check-up event or video car seat assistance make a mistake! Caregivers will learn about the most common errors related to child passenger safety and how to prevent or correct them.

Sat 3/19
9:00am-
12:00pm
(3 training hours)

Understanding Trauma and Sexualized Behavior in Children and Teens*
Children and teens who have experienced trauma and sexual abuse may themselves begin to act out sexually and abuse. Parents may struggle with understanding and managing their own reactions so that they can respond in helpful and healing ways, not shaming and blaming. This seminar will provide an overview of "typical" childhood sexual behavior and development, and the factors that influence healthy versus unhealthy patterns.

Wed 3/23
6:00-8:00pm
(2 training hours)

Talking the Talk – Sexting and Online Activities
Facebook? Snapchat? Tinder? It seems like there's a new mode of social media! Join us for this interactive workshop to learn about these various modes of social media and how they involve our children. Learn about state laws related to sexting and keeping our children safe.

Mon 3/28
6:00-9:00pm
(3 training hours)

Holding it Together – Disruption Prevention*
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.

UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION
AND IMPLEMENTATION

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

April

Sat 4/2 8:30am-3:30pm (5 training hours)	**RESOURCE PARENT <u>VIRTUAL</u> SPRING CONFERENCE** *Keynote: "What does 'Normalcy' Even Mean, and How Will We Ever Get Back There?"* *Erica Moltz, Adoptions Together* <u>AM Breakouts –</u> - *Finding the "I" in Storm** - *Digital Safety* - *Ambiguous Grief* <u>PM Breakouts –</u> - *Improving Communication with Your Teen** - *Three Pillars of Foster Parent Success* - *Strategies for Helping Children Cope During reunification* * Behavior and Discipline workshops will be offered https://theinstitute.umaryland.edu/our-work/ruth-young-center-for-maryland/child-welfare-academy/conference/
Wed 4/6 6:00-8:00pm (2 training hours)	**Understanding the Role of Attorneys for Children and Related Advocacy Efforts** This training will provide clarity on the role of the child's attorney, advocacy efforts, court processes, the Best Interest standard, and the role of Maryland Legal Services.
Wed 4/13 6:00-9:00pm (3 training hours)	**Healing Childhood Trauma in Foster Care*** Come learn about why connecting to a traumatized youth can feel so difficult and how to help heal trauma by building a therapeutic parenting relationship even with children that fear connections. Learn specifics about the impact of trauma on a child's brain development and leave with tools to incorporate into your current parenting that help bring lasting change and healing to traumatized children.
Tue 4/19 6:00-9:00pm (3 training hours)	**Sibling Separation and Healing Connections** When children enter the foster care system, they are often afraid, anxious, and experiencing complex trauma and loss. These emotions are often further intensified when children are separated from their siblings. 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 are able to have healing connections. This training will provide tools, caregiver recommendations and strategies to help siblings stay connected and heal during the separation process.
Thu 4/28 6:00-9:00pm (3 training hours)	**Advocacy as a Resource Parent** This training will help resource parents better understand their role as advocate for the child 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.

UNIVERSITY *of* MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION
AND IMPLEMENTATION

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

May

Fri 5/6
11:00am-1:00pm
(2 training hours)

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!

Mon 5/9
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 a 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.

Thu 5/12
6:00-8:00pm
(2 training hours)

Trauma, Attachment, and the Developing Brain*
Children who have experienced disrupted attachment and trauma can sometimes behave in ways that are troubling, confusing, and even frightening. We now know that trauma can significantly impact the way that the brain develops and functions, and that this, in turn, can manifest in problematic and puzzling behaviors in children. This seminar examines "typical" childhood development versus development clouded by abuse, neglect, and trauma. It also provides information about the nature, incidence, and dynamics of abuse and neglect as it relates to brain development. Participants will learn interventions and strategies to help children manage the impact of traumatic pasts.

Wed 5/18
6:00-8:00pm
(2 training hours)

If Behaviors Aren't Making Sense, Maybe it's Sensory*
Come learn about sensory processing issues that some children develop due to abuse or neglect and learn ways to address them.

Mon 5/23
6:00-8:00pm
(2 training hours)

The Impact of Trauma and Importance of Self-Care
Parenting a traumatized child can be a traumatizing experience. Add in the other components of being a resource parent, partnering with a traumatized birth family and navigating an agency and court system, and the need to reflect on self-care becomes a matter of self preservation! This workshop will identify the primary and secondary traumas of foster parenting and normalize the range of symptoms they can produce. We will not only identify the hazards of the job, but will look closely at how those challenges, if left unaddressed, can undermine the good work you've set out to do on behalf of the child in your care. We will explore strategies for self-awareness, self-correction, and most importantly, self-care that are tailored for the unique dynamics of foster parenting.

UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION AND IMPLEMENTATION

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

SPRING 2022 Resource Parent Training Calendar

June

Wed 6/1
6:00-8:00pm
(2 training hours)

Navigating the Birth Parent Relationship
Children, birth parents and resource parents experience their own feelings of loss, rejection, guilt, and shame. Parents will learn how to help children navigate relationships that are confusing, sometimes hurtful, yet always important to their developing sense of self. Parents will come away with a better understanding of the different perspectives of each member of the triad, how to better support children, and taking care of themselves in the process.

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

Living and Coping in the Era of COVID-19 and Black Lives Matter
Since the spring of 2020, the U.S. has been rocked by a pandemic, economic turmoil, and BLM protests against police brutality. How are we to understand these issues? What social and historical factors have led to this point? What are the implications for families? How can parents talk with children about these issues? How can we move forward? Are healing and reconciliation possible? What would that look like? Participants are invited to discuss how they are living and coping during these challenging times, as well as what their hopes are for the future of our communities.

Wed 6/15
6:00-9:00pm
(3 training hours)

Improving Communication with Your Teen*
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.

Mon 6/20
6:00-9:00pm
(3 training hours)

Finding the "I" in Storm: Practical Tools for Building Parent Resilience*
Every parent is faced with challenges to their inner calm when their children's behaviors stretch you beyond your capacity to cope and parent from your best self. 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.

UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION
AND IMPLEMENTATION

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

July

Thu 7/7
6:00-9:00pm
(3 training hours)

Strategies for Helping Children Cope During Reunification
Learn the emotional and psychological impact of pre and post reunification for children and discuss the various domains in which the reunification process occurs. Trainer will focus on attachment and strength-based theories for creating and maintaining resiliency and employ key intervention strategies to help children build coping skills.

Sat 7/16
9:00-11:00am
(2 training hours)

When a Child Lies, Steals, and Hoards*
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 children develop healthier behaviors.

Tue 7/19
6:00-9:00pm
(3 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 which feels safe physically and emotionally for the child coming into your home.

Mon 7/25
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 a 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 7/27
6:00-8:00pm
(2 training hours)

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, other dangers and additional resources.

UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK
THE INSTITUTE FOR INNOVATION
AND IMPLEMENTATION

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