

CHILD WELFARE ACADEMY

FALL 2021 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.

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/>

September

Thu 9/9 6:00-8:00pm (2 training hours)	Conflict Resolution and Strengthening Families* This training will review the impact of trauma on family dynamics, communications, and styles of conflict resolution and family functioning. The training will highlight trauma-informed principles that support the development of family resiliency. Participants will be provided with an evidence based practice model that supports strengthening families.
Tue 9/14 6:00-9:00pm (3 training hours)	Early Childhood Challenging Behaviors* Learn how to evaluate & address challenging behaviors of children who have experienced trauma in early childhood.
Sat 9/18 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 effect 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 9/22 6:00-8:00pm (2 training hours)	Bringing Healing to Our Children and Families This class provides an overview of all three TBRI (Trust-Based Relational Intervention) principles with a focus on healing a child's past trauma through healthy attachment with caregivers to ultimately attain three attachment goals (to give and receive care, negotiate their needs, and be content with their autonomous self) to reach their highest potential.
Thu 9/30 6:00-8:00pm (2 training hours)	Understanding the Role of Attorneys for Children & 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.

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October

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- Mon 10/4**
6:00-9:00pm
(3 training hours)
- Finding the “I” in the 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.
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- Sat 10/9**
9:00-11:00am
(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.
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- Thu 10/14**
6:00-9:00pm
(3 training hours)
- Complicated Children – Managing Children’s Behavior While Helping Them Heal***
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. Using Greenspan’s work as a framework, 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.
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- Wed 10/20**
6:00-9:00pm
(3 training hours)
- Raising Your Cultural Intelligence in an Intolerant World**
How can parents heal racial trauma in today's world? Tolerance and cultural competence are popular buzzwords often used as the antidote to racism and bigotry in our society. However, can we go a step further by encouraging racial respect? *Raising Your Child to Show Racial Respect in Today's Society* is a training that helps parents learn ways to heal from racial trauma, while also improving their children's multicultural awareness.
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- Fri 10/22**
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.
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- Mon 10/25**
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 effect 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.
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- Fri 10/29**
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.

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November

Thu 11/4
6:30-8:30pm
(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.

Sat 11/6
8:30am-3:30pm
(5 training hours)

RESOURCE PARENT VIRTUAL FALL CONFERENCE

Keynote: Chauncey Strong, Strong Training and Consulting

AM Breakouts –

- *Holding it Together – Disruption Prevention**
- *Ambiguous Grief*
- *De-Mystifying Teens and Transitioning Youth*

PM Breakouts –

- *Sibling Separation and Healing Connections*
- *Foster Parenting Across Racial Lines*
- *Attachment and Trauma**

* Behavior and Discipline workshops will be offered

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

Wed 11/10
6:00-9:00pm
(3 training hours)

How to Parent the Wounded Child – Trauma, Attachment, and Healing*

Resource parents will better understand the behaviors of a child who has been hurt by trauma and broken attachments. Parents will learn how early childhood harm and neglect from trusted adults impacts a child's brain development and ability to regulate emotions. Participants will come away with greater appreciation for their own capacity to parent therapeutically and to help the children in their care heal.

Mon 11/15
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 effect 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 11/18
6:30-8:30pm
(2 training hours)

Cultural Competency in the Foster Care System

When children enter the foster care system, they are in the midst of experiencing the trauma of being separated from their birth home, and resource parents often step in to fill a void. But what happens when you are from a different ethnic group from your child and that difference could further compound the trauma? How do you discuss different customs, foods, hair maintenance and so much more? Cultural competence is an ongoing journey of learning and applying differences, similarities and strengths. Current research and case examples will be discussed and participants will be able to articulate the importance of cultural diversity and cultural competence in the foster care system.

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December

<p>Thu 12/2 6:00-8:00pm (2 training hours)</p>	<p>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.</p>
<p>Sat 12/4 9:00-11:00am (2 training hours)</p>	<p>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 effect 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.</p>
<p>Wed 12/8 6:00-9:00pm (3 training hours)</p>	<p>Improving Communication with Your Teens* 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.</p>
<p>Tue 12/14 6:00-8:00pm (2 training hours)</p>	<p>The Brain Can Heal Complex trauma impacts brain development knocking youth off of what would be their anticipated developmental trajectory. How can we facilitate healing of the brain and work to get youth back on developmental track? Come learn how to begin to build a foundation for healing. Participants will understand the ways in which trauma impacts the brain and the importance of “creating safety” for a child’s emotional growth and development. Participants will learn some ways to help shape the environment of a child of any age to support getting them back on track for their anticipated development.</p>