

# CHILD WELFARE ACADEMY

## Spring 2021 Resource Parent Training Calendar



### Welcome!

Our training is provided for licensed Maryland Resource Parents or 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](mailto:lteetermoran@ssw.umaryland.edu) or (410)706-0721

Registration is required at <https://theinstitute.myabsorb.com/>

## January

**Fri 1/8**  
**12:00-2:00pm**  
(2 training hours)

### **How to Use Self-Regulation Skills**

Learn how to differentiate between sensory processing disorder behaviors versus other behavior problems that present at home. Participants will then learn how to choose and create appropriate sensory informed strategies to help assist children in self-regulation.

**Tue 1/12**  
**6:00-9:00pm**  
(3 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 1/23**  
**9:00am-12:00pm**  
(3 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, but 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.

**Thu 1/28**  
**6:00-9:00pm**  
(3 training hours)

### **FASD: How Prenatal Exposure Impacts the Child in your Care and How You Parent\***

Better understand the impact of substance use on a child's brain development and why alcohol in particular is most damaging. Discover the common challenges children with Fetal Alcohol Spectrum Disorders (FASD) experience and why some of their behaviors are confusing and frustrating to parents. Learn how to adjust parenting strategies and expectations to best meet the child's needs.

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## Spring 2021 Resource Parent Training Calendar



### February

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

#### **Fostering and Adopting Across Racial Lines**

Families who foster and adopt trans-racially or trans-culturally are confronted with a unique set of issues and concerns that require careful thought, preparation and ongoing education. Issues include: selecting a school and community that embraces differences, educating extended family members, responding to intrusive questions, and preparing your child to confront racism.

**Thu 2/4**  
**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.

**Mon 2/8**  
**6:00-8:00pm**  
(2 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.

**Fri 2/12**  
**12:00-2:00pm**  
(2 training hours)

#### **We Are Family**

Learn how to integrate traumatized children into your family and create a family mission and wellness statement that demonstrates an understanding of trauma and its impact of family.

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

#### **Absent Parents – Emotional and Psychological Effects**

Explore the dynamics between absent parents and emotional and psychological deficits caused to the child psyche. Family structure, mental health, addictions, juvenile delinquency, attachment, gender differences, and school engagement will be discussed.

**Sat 2/20**  
**9:00am-12:00pm**  
(3 training hours)

#### **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.

**Wed 2/24**  
**6:00-9:00pm**  
(3 training hours)

#### **How to Parent the Wounded Child – Trauma, Attachment, 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.

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## Spring 2021 Resource Parent Training Calendar



### March

<b>Thu 3/4</b> <b>6:00-8:00pm</b> (2 training hours)	<b>Understanding Trauma and Sexualized Behaviors*</b> 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.
<b>Mon 3/8</b> <b>6:00-9:00pm</b> (3 training hours)	<b>Conflict Resolution and Strengthening Families*</b> 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.
<b>Fri 3/19</b> <b>12:00-2:00pm</b> (2 training hours)	<b>Understanding and Recognizing Trauma Behaviors*</b> 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.
<b>Sat 3/20</b> <b>9:00-11:00am</b> (2 training hours)	<b>Living and Coping in the Era of COVID19 and Black Lives Matter</b> Since the spring of 2020, the U.S. has been rocked by a pandemic, economic turmoil, and BLM protests against police brutality. Distinguish personal racism from systemic racism, and articulate how problems in policing (e.g., the killing of unarmed black citizens) and in the broader criminal justice system (e.g., mass incarceration) are systemic issues, identify and discuss ways they are adaptively coping, and develop greater self-awareness and confidence in processing and addressing such issues.
<b>Wed 3/24</b> <b>6:00-8:00pm</b> (2 training hours)	<b>Talking the Talk – Sexting and Online Activities</b> 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.
<b>Tue 3/30</b> <b>11:00am-1:00pm</b> (2 training hours)	<b>Fostering and Adopting Across Racial Lines</b> Families who foster and adopt trans-racially or trans-culturally are confronted with a unique set of issues and concerns that require careful thought, preparation and ongoing education. Issues include: selecting a school and community that embraces differences, educating extended family members, responding to intrusive questions, and preparing your child to confront racism.

\* Indicates training that meets the Discipline/Behavior Requirement

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### April

<b>Thu 4/1</b> <b>6:00-8:00pm</b> (2 training hours)	<b>Healing Childhood Trauma in Foster Care*</b> All children in foster care have been traumatized. Foster Parents are in a unique position to create healing, lasting relationships with children who have been traumatized, and the power of connection. 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.
<b>Thu 4/8</b> <b>6:00-8:00pm</b> (2 training hours)	<b>Navigating the Birth Parent Relationship</b> 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.
<b>Tue 4/13</b> <b>11:00am-1:00pm</b> (2 training hours)	<b>Ambiguous Grief</b> This session will introduce participants to ambiguous grief (grieving non-death losses). It will look at the implications for children and families in foster care, considering the impact of loss on transition and adjustment, as well as strategies for providing support.
<b>Sat 4/17</b> <b>8:30am-3:30pm</b> (5 training hours)	<b>RESOURCE PARENT VIRTUAL SPRING CONFERENCE</b> <i>Parents will participate in a Keynote, in two breakout sessions from six workshop offerings, and have access to resources via our virtual lobby. Details to come!</i> * Behavior and Discipline workshops will be offered
<b>Thu 4/22</b> <b>6:00-8:00pm</b> (2 training hours)	<b>Cultural Competency in the Foster Care System</b> 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 much needed 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 many more? Cultural competence is an ongoing journey of learning applying differences, similarities and strengths.
<b>Wed 4/28</b> <b>6:00-9:00pm</b> (3 training hours)	<b>Advocacy as Resource Parents</b> 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.
<b>Fri 4/30</b> <b>12:00-2:00pm</b> (2 training hours)	<b>Understanding the Role of Attorneys for Children &amp; Related Advocacy Efforts</b> 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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## Spring 2021 Resource Parent Training Calendar



### May

**Mon 5/3**  
**6:00-8:00pm**  
(2 training hours)

#### **Caring for Drug Affected Infants**

Alcohol and other drugs (AOD) abused by caregivers is frequently cited as a reason for entry of infants and young children into foster care. Infants in care are particularly vulnerable to delays in emotional, social and cognitive development. This training helps to increase participant understanding of prenatal and postnatal substance exposure and the potential long term effects of substance exposure and effective child management strategies to help mediate behaviors and enhance growth and development.

**Thu 5/6**  
**12:00-2:00pm**  
(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.

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

#### **Helping Children and Families Grieve**

Explore how resource parents are impacted by the grief that they, and the children they care for, experience. If we are unaware of how children experience grief differently than adults, or of how our own grief impacts us, we are likely to miss opportunities to find growth and restoration after a loss, both for the children and for ourselves. This session will include learning to employ self-compassion and selected tools for increasing self-care skills of caregivers.

**Sat 5/15**  
**9:00am-12:00pm**  
(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.

**Tue 5/18**  
**7:00-9:00pm**  
(2 training hours)

#### **Preparing a Trauma Informed Home**

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. Particular focus is placed on managing expectations, and creating an environment which feels safe physically and emotionally for the child coming into your home.

**Wed 5/26**  
**6:00-8:00pm**  
(2 training hours)

#### **Stress Management and Social Media Use During a Pandemic**

Caregivers are pivotal in helping their children manage their social media usage, as Prolonged Social Media Use can have negative mental health consequences. This workshop will discuss how to balance technology use now that children and families are sheltered in place and social media often becomes the main source of communication.

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### June

**Sat 6/5**  
**9:00am-12:00pm**  
(3 training hours)

#### **Treating Childhood Trauma**

Childhood trauma impacts the development of 1 in 4 children in the U.S. No child is magically resilient or invulnerable to ACEs (adverse childhood events), just as no individual child is automatically doomed in the face of ACEs. The presence of protective factors, particularly safe, stable, and nurturing relationships, can often mitigate the consequences of ACEs.

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

#### **Mindfulness: From Chaos to Calm**

It is extremely challenging as a parent to be going through so much upheaval, juggle so many competing demands, while somehow being a calm presence for your child. This training will teach you how to use mindfulness in everyday life to help you manage your stressful thinking and triggered reactions so that you can provide a safe emotional presence for your child. You will learn mindfulness strategies to help you stay in the present moment when confronted with your child's challenging behavior so that you will have a deeper connection and be more effective at setting limits and avoiding power struggles.

**Mon 6/28**  
**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.

Register at <https://theinstitute.myabsorb.com/>

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