

CHILD WELFARE ACADEMY

FALL 2022 Resource Parent Training Calendar



Welcome!

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

Currently workshops are ONLINE ONLY via Zoom at the designated date and time and Participants can access Zoom via computer, tablet, or smart phone.

Registration usually opens a month ahead of the class.

****If you are watching with a partner from the same device you must both be visible on camera for the duration of the training. If you are viewing training from home, please use earphones as some content is confidential or not appropriate for children****

**** First time users must contact Laura Teetermoran for registration access****

lteetermoran@ssw.umaryland.edu or (410)706-0721

Established Users – Class Registration is required at <https://theinstitute.myabsorb.com/>

August

Wed 8/3

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

Helping Children Heal While Managing Behavior*

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.

Tue 8/9

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

Continuing Bonds and Attachment in Grief

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 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.

Fri 8/12

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 8/13

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

Understanding Trauma and Sexualized Behavior 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.

Fri, 8/26

12:00-1:00pm
(1 training hour)

Understanding the Role of the Child's Attorney 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.

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Wed, 8/31

6:00-9:00pm
(3 training hours)

Juvenile Justice Involved Youth

This workshop will discuss the myriad of psychological, psychosocial, developmental and legal issues encountered by juvenile justice involved youth. The various levels of juvenile justice involvement will be explored from most restrictive to less restrictive measures. In addition, current Maryland and national state laws as they apply to prosecuting juveniles in the adult system will be examined. An emphasis will be placed on adolescent criminal pathology, risk and protective factors and building resiliency.

September

Wed 9/7

6:00-8:00pm
(2 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.

Thu 9/15

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

Absent Parents – The Emotional and Psychological Effects on the Child Psyche

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 9/17

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.

Tue 9/20

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

3 Pillars of Foster Parent Success

This workshop outlines and reviews 3 core competencies necessary for effective foster parenting, which include an understanding of trauma and the ability to reinterpret behavior as a coping strategy, the use of self-awareness and self-monitoring to distinguish between the child's needs and the parent's needs, and the ability to appropriately and effectively use consequences and rewards. This workshop outlines the fundamental differences between parenting traumatized and non-traumatized children and distinguishes a critical, reparative function to the foster parent/foster child relationship.

Thu 9/29

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

Birth parents and Resource Parents – Supporting the Relationship

Children, birth parents and resource parents experience their own feelings of loss, rejection, guilt, and shame. Resource parents will learn how to help children navigate relationships that are confusing, sometimes hurtful, yet always important to their developing sense of self. Resource 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.

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October

Mon 10/3 6:00-8:00pm (2 training hours)	Anxiety from a Child's Perspective This workshop provides the keys to help resource parents be empowered in improving the mental health of the child in their care. They will be educated on the definition of anxiety, the various types of anxiety, and how anxiety can be good in certain situations. This interactive workshop will help resource parents become empowered in creating a home that can help reduce anxiety and other mental health challenges in children.
Fri 10/7 11:00am-1:00pm (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.
Tues 10/11 6:00-9:00pm (3 training hours)	Analyzing and Treating the Onion Effect of Generational Trauma Often individuals sustain multiple traumas, and some become so pervasive and acute that they can develop into Big "T" traumas that can last for generations. This workshop will focus on the theory and concept of what trauma is and how individuals can grow and thrive despite their trauma narratives. And as a result, reduce or eliminate generational traumas.
Sat 10/15 9:00-11:00am (2 training hours)	Working with African American Children and Their Trauma – Where does it come from? It is essential that persons that work with populations of color, particularly African-American/Black children are aware of some of the reasons why they are hesitant to accept therapy, especially play as an effective way to heal their past hurts and trauma or those of their children.
Thu 10/20 6:00-8:00pm (2 training hours)	Promoting Openness in Foster Care This workshop explores the significance of first family relationships and the ways foster and adoptive families can support and nurture openness in a manner that is child-centered. A broad approach to openness is explored, presenting openness as a spirit of parenting in which emotional space can be held for these relationships even in their physical absence. Resource parents will be encouraged to consider their own emotional responses to openness and will learn strategies for parenting with self-awareness and attention to self-care. We will discuss the significance of loss from the foster and adoptive child's perspective and explore meaningful ways to bear witness and nurture healing.
Thu 10/27 6:00-8:00pm (2 training hours)	Discipline with a Foster Care / Adoption Twist* Children who have experienced maltreatment and trauma require specialized discipline approaches that enhance relationships, build connections, preserve self-esteem and avoid re-traumatization. This workshop will explore how to tweak approaches such as 123-magic, Love and Logic, and time-out for children with traumatic histories.

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November

Tue 11/1
6:00-8:00pm
(2 training hours)

Building and Promoting Resilience

All of us face adversity and setbacks in life; it's inevitable. A growing body of research and clinical evidence shows us how we can become more resilient, and better able to cope with life's challenges. In this training session you will learn about skills and mindsets that are known to increase our ability to adaptively and effectively cope with and grow from life's challenges.

Sat 11/5
8:45am-3:30pm
(5 training hours)

RESOURCE PARENT VIRTUAL FALL CONFERENCE

Keynote: "Realities of Reunification" by Dr. Kyla Liggett-Creel, University of Maryland

AM Breakouts –

- *Advocacy as a Resource parent*
- *Holding it Together – Disruption Prevention**

PM Breakouts –

- *Historical and Intergenerational Trauma**
- *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 11/9
6:00-8:00pm
(2 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 11/14
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 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 11/16
6:00-8:00pm
(2 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.

Wed 11/30
6:00-8:00pm
(2 training hours)

Fostering and Adopting Across Racial Lines – What You Need to Know

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. Some of the issues that might arise include: selecting a school and community that embraces differences, educating extended family members, responding to intrusive questions, and preparing your child to confront racism. This seminar is designed to educate prospective and current foster and adoptive parents about the important issues involved in trans-racial and trans-cultural fostering and adoption.

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December

Sat 12/3
9:00am-
12:00pm
 (3 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.

Tue 12/6
6:00-9:00pm
 (3 training hours)

Trust-Based Relational Intervention – An Introduction (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.

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

A Foster Parent Survival Guide

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 for foster parents and review meaningful interventions for self-care.

Tue 12/13
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.

Fri 12/16
11:00am-
1:00pm
 (2 training hours)

Fostering Healthy Relationships with Our Children

This workshop focuses primarily on the first TBRI principle of Connection. Content will focus on basic principles to build connection between caregivers and children based on attachment theory utilizing parent mindfulness, which is transferable for working with any children (foster, adopted or biological with or without trauma histories). The content is focused more on parents.

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