

SPRING 2023 Resource Parent Training Calendar



Welcome!

Our training is provided for all Maryland Resource Parents licensed through their County DSS and Informal/Formal Kinship Caregivers. All trainings are **FREE**. REGISTRATION IS OPEN!

**** 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/>

<p>**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**</p>	<p>Currently workshops are ONLINE ONLY via Zoom at the designated date and time and participants can access Zoom via computer, tablet, or smart phone.</p> <p>Tango E-Gift Cards will only be issued for in person training per DHS Policy as of 1/1/23.</p>
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January

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| <p>Tue 1/10
6:00-8:00pm
(2 training hours)</p> | <p>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.</p> |
| <p>Thu 1/19
6:00-9:00pm
(3 training hours)</p> | <p>Youth and Addiction
This workshop will explore the growing trend among youth and addiction. The focus will go beyond marijuana and focus on current drug trends and the overall implication of using drugs for the adolescent, the parents and the support system as a whole. Various issues will be discussed including but not limited to gender and ethnicity trends, brain development, co-morbidity, advocacy, and treatment modalities.</p> |
| <p>Tue 1/31
6:00-8:00pm
(2 training hours)</p> | <p>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.</p> |

SPRING 2023 Resource Parent Training Calendar



February

Sat 2/4

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 2/7

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

Foster Care – A Means to Supporting Families of Origin

This workshop will highlight the child welfare experience from the perspective of birth parents and families of origin. A focus will be on finding compassion for birth parents and challenges they may be facing. Caregivers will learn strategies to nurture children's relationship with their birth parents and integrating and maintaining on-going communication and connection between birth parents and children. This workshop will address potential challenges in partnering with birth parents, helping children prepare for visits including understanding and managing reactions to visits.

Mon 2/13

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

Help Me Love This Child*

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.

Fri 2/17

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

Lunch and Learn with the New Resource Parent Ombuds – Becky Rice!

As Maryland's Foster Parent Ombuds, Becky Rice serves as a dedicated advocate for foster parents across the State. Becky offers a direct line for foster parents to ask questions, voice their concerns, and provide their suggestions. She also serves as an intermediary when a neutral voice is needed to address differences between foster parents and a local Department of Social Services (DSS).

Thu 2/23

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

Building Safety and Trust – Supporting Youth with Diverse SOGIE

This training seeks to build a shared understanding of key terms and concepts to support learning about SOGIE (sexual orientation, gender identity, and expression). Caregivers will explore messages received at an early age related to LGBTQ topics and community and how they can still help or hinder our roles today. We will discuss the importance of building trust and supporting LGBTQ youth and identify next steps for ongoing learning.

Tue 2/28

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.

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March

Sat 3/4 9:00-11:00am (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.
Thu 3/9 6:00-8:00pm (2 training hours)	Ambiguous Grief Grief is often considered a reaction to a death, which can limit individuals, families, and clinicians from recognizing and addressing grief reactions in circumstances when a death has not occurred. This session will introduce participants to research and theory around ambiguous grief (grieving non-death losses), drawing strongly from the work of Pauline Boss. 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.
Tue 3/14 6:00-8:00pm (2 training hours)	Building Parental Resilience This workshop will define what parental resiliency is and the importance of resiliency for those parents who are fostering or adopting. Through discussion, parents will recognize the kinds of parenting challenges that are likely to occur when fostering or adopting children who have experienced trauma, separation and loss. The four building blocks of parental resiliency will be discussed. The importance of self-care and the steps necessary to build and maintain self-care will also be highlighted.
Thu 3/23 6:00-8:00pm (2 training hours)	Cultural Humility This workshop will help caregivers obtain an overview of cultural humility; recognize the importance of honoring and incorporating children’s cultural identity and respecting families from varying races, religions, ethnicities, and economic statuses. Parents will explore an openness to a child’s sexual orientation and gender identity and expression and be able to view these differences from a strengths based perspective. Strategies for parents who are fostering or adopting to respect as well as navigate differences in values from the children and birth families; acknowledge the imbalances of power and inequities will be shared.
Tue 3/28 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.

SPRING 2023 Resource Parent Training Calendar



April

Tue 4/11
6:00-9:00pm
(3 training hours)

Children and Adolescence – Mental Health Diagnosis and Medication

The growing trend of Mental Health Diagnosis and Medication: According to the United States Surgeon General, about one in five children and adolescents have a symptom of a psychological disorder. Children are being diagnosed with ADHD, Bipolar Disorder and a host of other mental illnesses at a rapid rate. With the increase of diagnosis comes an increase in medication. This workshop will explore the effects of medication and how many children have lost the ability to self-soothe and regulate emotions, unless they are given a pill. Attention will be placed on impulse control, residual effects of medication and an overview of current trends in mental health for children and adolescents.



Sat 4/15
8:45am-3:30pm
(5 training hours)

RESOURCE PARENT VIRTUAL SPRING CONFERENCE

Keynote: Charles Applebaum – “No Such Thing as a Bad Kid - Understanding and Responding to Kids with Emotional & Behavioral Challenges Using a Positive, Strength-Based Approach”

AM Breakout sessions (2) and PM Breakout sessions (2) will be offered

* Behavior and Discipline workshops will be offered

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

Wed 4/19
6:00-8:00pm
(2 training hours)

Self-Care – Taking Care of You When Everything is Out of Control

This is a different kind of training on Self-Care. This training is solution-focused, engaging parents through role-play, mindfulness and other activities to learn strategies to take care of themselves during crises and other challenging moments with their child. Objectives: Know how self-care is critical to effective parenting, and the prevention of compassion fatigue and secondary trauma; to know experientially how mindfulness can help a parent stay calm in even the most challenging moments with their child; and to learn strategies that build resiliency and support physical, cognitive, and emotional well-being.

Mon 4/24
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.

Sat 4/29
9:00-11:00am
(2 training hours)

Managing Placement Transitions

Caregivers will learn how to effectively support children in both planned and unplanned placement transitions. Discussions will include both into/and out of the foster/adoptive home. Helping children feel welcome and ways of staying connected will be discussed.

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May

Mon 5/1 6:00-8:00pm (2 training 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
Fri 5/5 11:00am-1:00pm (2 training hours)	Building Safety and Trust – Supporting Youth with Diverse SOGIE This training seeks to build a shared understanding of key terms and concepts to support learning about SOGIE (sexual orientation, gender identity, and expression). Caregivers will explore messages received at an early age related to LGBTQ topics and community and how they can still help or hinder our roles today. We will discuss the importance of building trust and supporting LGBTQ youth and identify next steps for ongoing learning.
Tue 5/9 6:00-8:00pm (2 training hours)	Autism Spectrum Disorder This interactive webinar will provide an overview of the prevalence, etiology and diagnostic criteria for ASD. Video clips will assist participants in identifying differences between typically developing children and those with an ASD diagnosis. Characteristics of resource parents who will have the most success with children with Autism will be discussed and an overview of Assistive technologies and evidence-based therapies reviewed. Finally, parents will be provided with information about Maryland resources and supports.
Sat 5/13 9:00-11:00am (2 training hours)	Creating a Stable, Nurturing, and Safe Home Environment This training will help caregivers become more aware of strategies to make children impacted by trauma and loss feel psychologically and physically safe. Parents will understand how to set up a home to be safe for all household members. In addition, how the sense of safety ties to behaviors will be explored. Caregivers will learn how to set boundaries, show consistency and predictability, and adapt routines and rituals. Caregivers will be able to attune to children in their care and understand safety from children's perspective.
Thu 5/18 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, 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 first hand and who professionally specializes in attachment and trauma.
Wed 5/24 6:00-8:00pm (2 training hours)	Sexual Trauma This training will review the indicators of sexual abuse and help caregivers recognize the impact on interrupted sexual development. Unique challenges associated with parenting children who have been sexually abused will be highlighted. Parents will learn to recognize the potential risk factors for children who have been sexually abused including re-victimization, sexual trafficking and re enactment behaviors.

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June

Sat 6/3 10:00am-12:00pm (2 training hours)	If Behaviors Aren't Making Sense, Maybe Its Sensory* Come learn about sensory processing issues that some children develop due to abuse or neglect and learn ways to address them.
Thu 6/8 6:00-8:00pm (2 training hours)	Maintaining Children's Connections with Siblings, Extended Family Members, and Community Understand the importance of integrating and maintaining on-going communication and connection between siblings (including sibling dynamics and the importance of sibling bonds). This workshop will discuss how to navigate and support visits with siblings. The importance of maintaining connections with extended family members and the community at large (i.e., schools, church, friends, sporting teams) will also be explored. Caregivers will identify strategies to keep children connected to their community and understand the role of parents who are fostering in maintaining these connections.
Tue 6/20 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.
Mon 6/26 6:00-8:00pm (2 training hours)	Trauma-Informed, Responsive Care Participants will gain an understanding about trauma, the effects of trauma on the brain, and interventions. Participants will learn immediate interventions that help in the recovery process from trauma.

July

Sat 7/8 9:00-11:00am (2 training hours)	Holding it Together – Disruption Prevention* There are times when foster and adoptive parents become so overwhelmed with the challenges of caring for a complicated and hurt child that they want to quit. This seminar will explore the stages of disruption, discuss its impact on parents and children, and outline prevention strategies to help families stay together, even through the most trying times. 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.
Wed 7/19 6:00-8:00pm (2 training hours)	Parenting in Racially and Culturally Diverse Families Understand the impact of parenting children from a different race/ethnicity/cultural background. 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.
Mon 7/24 6:00-8:00pm (2 training hours)	Childhood Trauma and Traumatic Stress This workshop is designed to teach basic knowledge, skills and interventions for working with children in the child welfare system who have experienced trauma. The content is intended for Caregivers to recognize their role in responding to child traumatic stress, enhancing psychological safety among children in their care and providing trauma informed interventions to promote the resilience of children impacted by trauma.