

RESOURCE PARENT TRAINING PROGRAM



COURSE CATALOG FOR
RESOURCE PARENT



The **Resource Parent Training Program** offers learning opportunities that support adoptive, foster and kinship parents in their effort to provide a safe, nurturing and loving environment for the children in their care.

Training goals include:

1. To give resource parents the information needed to handle routine matters such as medical and psychological care, clothing needs, education, and visitation with the birth family.
2. To provide foster parents with the skills needed to handle problems as they arise.
3. To develop problem-solving and teamwork skills.
4. To teach resource parents the required ethical and legal standards for compliance.
5. To assist resource parents in anticipating the negative, critical or distrustful attitudes that foster children often exhibit.
6. To identify elements of the foster child's behavior that can be attributed to the experience of being a foster child.
7. To share with prospective resource parents the experiences of veteran resource parents with particular emphasis on building positive relationships with birth families and DCS staff.



Training Requirements for Resource Parents in their First Year of Approval

For Non-Kinship Resource Parents: In the first year after the home study approval date, active resource parents/caretakers who are serving Dependent/Neglected or Unruly children/youth must complete fourteen (14) hours of continuing education in:

- a) Working with the Education System (2 hours)
- b) Helping Children Make Transitions (3 hours)
- c) Fostering Positive Behavior (3 hours)
- d) Child Development (2 hours)
- e) Cultural Awareness (1 hour)
- f) Working with Birth Parents (3 hours)

For Resource Parents caring for Youth adjudicated Delinquent: In the first year after the home study approval date, active resource parents/caretakers who are serving the child/youth who have been adjudicated Delinquent must complete 20 hours of continuing education in:

- a) Parenting the Youthful Offender (9 hours)-This class includes the Working with Birth Parents core curriculum;
- b) Working With The Education System (2 hours); and
- c) All of the following PATH post-approval courses must also be taken within the first year of approval:
 - Fostering Positive Behavior (3 hours);
 - Helping Children Make Transitions (2 hours);
 - Child Development (2 hours); and
 - Cultural Awareness (1hour)

For Kinship Resource Parents: In the first year after the home study approval date, active kinship resource parents/caretakers who are serving Dependent/Neglected or Unruly children/youth must complete seventeen (17) hours of continuing education in:

- a) Family Role Conflict (3 hours)
- b) Family Dynamics (3 hours)
- c) Working with the Education System (2 hours)
- d) Helping Children Make Transitions (3 hours)
- e) Fostering Positive Behavior (3 hours)
- f) Child Development (2 hours)
- g) Cultural Awareness (1 hour)



Training Requirements for Resource Parents in their Second Year of Approval

For Non-Kinship Resource Parents: During the second year of participation, active resource parents/caretakers must complete fourteen (14) hours of training. This training will consist of the following:

- a) CPR First Aid (4 hours)
- b) Working with the Educational System (2 hours)
- c) Medication Administration (2 hours)
- d) Parenting the Sexually Abused Child (3 hours)
- e) Cultural Awareness (1 hour)
- f) Connecting Children and Parents Through Visitation (1 hour)
- g) What to Know About Child Exploitation and Human Trafficking (1 hour)

For Kinship Resource Parents: During the second year of participation, active resource parents/caretakers must complete fourteen (14) hours of training. This training will consist of the following:

- a) CPR First Aid (4 hours)
- b) Working with the Educational System (2 hours)
- c) Medication Administration (2 hours)
- d) Parenting the Sexually Abused Child (3 hours)
- e) Cultural Awareness (1 hour)
- f) Connecting Children and Parents Through Visitation (1 hour)
- g) What to Know About Child Exploitation and Human Trafficking (1 hour)

NOTE: The first two years following approval, the Working with the Educational System training must be completed in the classroom. In subsequent years, this training can be accessed/completed from the Foster Parent College website (titled Working with Schools), or in the classroom. Participation in any other on-line training course will not count towards completion of their requirement.

Training Requirements for Experienced Resource Parents

After completing all First and Second Year training requirements, in subsequent years, all resource parents must complete fifteen (15) hours of training annually.

If at all possible, couples are encouraged to participate in training together.

Training credit may be obtained in various ways:

- a. Attendance at the Department of Children's Services Annual Resource Parent Conference
- b. Special workshops on specific topics are offered through local foster care associations in conjunction with their meetings. Also, training staff and/or Central Office program staff are available to conduct policy training for resource parent workshops.
- c. Independent Living training is available for resource parents and staff who work with adolescents to prepare youth for life on their own.
- d. Resource Parents may access up to seven (7) hours of computer-based training per year, via the internet. DCS Resource Parents can receive up to six (6) free hours of computer-based training per calendar year on the Foster Parent College website. You must contact the DCS Regional Training Specialist in your area to access this opportunity.
- e. Training hours related to reading books, journals, magazine articles or watching videos, should be reporting to the RPS staff and will be limited to three (3) hours per year.
- f. Other training options include special events offered by school systems, mental health facilities and other public service resources.
- g. CPR/First Aid (4 hours) and Medication Administration (2 hours) training are **required every two (2) years**.
- h. Working with the Education System (2 hours) is **required annually**.



In Service Courses

(In-classroom courses required during the First or Second Years of Approval)

<p>Child Development</p>	<p>This workshop enables participants to have a better understanding of age-appropriate behaviors for the children they are parenting, as well as help them identify behaviors that might indicate a problem. Participants also learn the stages of child and adolescent development. Finally, parents are able to explore how some forms of maltreatment affects a child's development.</p>	<p>2 hours</p>
<p>Connecting Children and Parents through Visitation</p>	<p>This course will provide Resource Parents with a better understanding of: The Federal and State mandate, on child and family visitation; The importance of the child and family visitation, and why supporting this contact, is important to a child's developmental and mental well-being; How to identify the reasons for a child's behavior before, during and after visitations and how to strategically, minimize these behaviors.</p>	<p>1 hour</p>
<p>CPR Refresher</p> <p>*Required every two (2) years</p>	<p>This course is required for all resource parents, instructing participants in basic CPR and first aid skills that can sustain or save a life while professional emergency help is on the way. This training will make the home and work environment safer by preventing illness and injury as well as quickly recognizing and responding to emergencies.</p>	<p>4 hours</p>
<p>Cultural Awareness for First Year Resource Parents</p>	<p>This 1-hour course allows resource parents to examine their own cultural backgrounds and beliefs about different cultures through self-assessment. The role that culture plays in a person's development and sense of identity will also be explored.</p>	<p>1 hour</p>
<p>Cultural Awareness for Second Year Resource Parents</p>	<p>In this 1-hour workshop, parent, child, and social roles will be explored. Issues regarding communication and culturally-specific needs will also be introduced. By the end of the session, participants will have the opportunity to practice their cultural competence.</p>	<p>1 hour</p>

Fostering Positive Behavior	<p>This course is an interactive DVD series which demonstrates best practice in behavioral problem-solving methods and highlights prohibited behavioral practices. Participants will learn how to apply principles of DCS work to specific issues of behavior management, how to approach the behavioral issues of children in state custody, and how to demonstrate effective behavioral problem-solving methods.</p>	3 hours
Helping Children Make Transitions	<p>This course provides participants with information that will help them to work with children who are in transition. Understanding the issues faced by these children and their families as they move from one setting to another is the focus of this course. Techniques to help children through this time of trauma, with emphasis on maintaining significant relationships, are discussed.</p>	3 hours
Kinship Family Dynamics	<p>Family Dynamics never remain the same. The dynamics are constantly shifting based on a number of factors including family members' differing communication styles, traditions, and changes in parental roles, such as the ones required when families become a kinship placement. This workshop allows participants to explore ways to adapt to the changes in the family dynamic as a result of a kinship placement.</p>	3 hours
Kinship Family Role Conflict	<p>This workshop allows participants the opportunity to learn techniques to address role conflict within their family as a result of a kinship placement. Topics addressed in this course include, how to work effectively with the birth parents and how to handle the stressors that can occur by becoming a kinship placement.</p>	3 hours
Medication Administration Refresher *Required every two (2) years	<p>This course is required for all DCS resource parents every two years after approval. This refresher course includes an update on medication administration policies and procedures. The course also provides an update on the knowledge to safely and effectively administer medications to children in care. Topics included in this class range from self- storage and disposal of medication to common errors in medication administration.</p>	2 hours

<p>Parenting the Sexually Abused Child</p>	<p>This training addresses issues of coping with and responding to disclosures, managing sexual acting-out behaviors, developing family rules that are relevant to the sexually abused child, understanding myths and realities of sexual abuse, realizing the important role of therapy, and understanding potential outcomes for children who have been victimized.</p>	<p>3 hours</p>
<p>Parenting the Youthful Offender</p>	<p>This course is required for all resource parents fostering delinquent youth. This class allows resource parents to explore the benefits of fostering a delinquent youth. Participants will gain knowledge helpful in assisting a delinquent youth in addressing challenging behaviors, delinquent behaviors, adolescent development and transitioning to home or independent living placement.</p>	<p>9 hours</p>
<p>What to Know About Child Exploitation and Human Trafficking</p>	<p>This course will equip Resource Parents with information and training about Child Exploitation and Human Trafficking. Resource Parents will gain insight into the criminality of child exploitation and human trafficking while learning about the physical and psychological impact it has on children. Participants will learn about the importance of protecting and educating children about the dangers of being lured into this fast growing illegal activity that is considered modern day slavery.</p>	<p>1 hour</p>
<p>Working with Birth Parents</p>	<p>This course helps everyone involved in foster care gain an appreciation for the critical role of birth parents in the lives of children in care. Participants will have an opportunity to explore the impact that a child's history and visits with his/her parents have on behaviors.</p>	<p>3 hours</p>
<p>Working with the Education System</p>	<p>This training will help Resource Parents to develop positive relationships with local school systems. Topics include: obtaining and sharing the Education Passport (school records), navigating the special education process, consulting your Education Specialist, understanding DCS education policies, and collecting information for use in Child and Family Team meetings.</p>	<p>2 hours</p>

Elective Courses

(In-classroom courses offered for experienced resource parents)

Engaging and Parenting Teens	This course will showcase the benefits of being a resource parent for teens and discuss adolescent development in relation to behaviors, identity, peers, and family and the relationship between interdependence and positive youth development.	2 hours
Managing Crisis	This class prepares participants for the predictable periods of crisis that are a part of being a resource family. It helps the families to think about these difficult periods as opportunities for their families to grow closer and for family members to strengthen their commitment to one another. Participants are also given the opportunity to practice their crisis intervention skills through a team activity. They will develop their first preventive or proactive family plans and sharpen their skills for assessing their own family resources and strengths.	3 hours
Partnership in Action	This course will examine the meaning of partnership between DCS staff, resource parents, and birth parents as they work together for the same goal. Participants will also learn how building relationships, respecting one another, and understanding roles can benefit team members.	2 hours
Positive Discipline 2	This training revisits information on discipline that was discussed during PATH classes, and additional discipline techniques such as rewards, behavior modification, involving the child in behavior replacement, and natural consequences are explored.	3 hours
Professionalism and Ethics	The training will allow participants to define professionalism and identify qualities expected of professionals. Participants will be able to recognize how resource parents are professional members of the team and become familiar with the Code of Ethics for Resource Parents.	1.5 hours

Loving and Letting Go	This workshop will help resource parents address the grief and loss they experience when children in their homes return to their birth parents or other permanent placements. Techniques will also be provided on how to manage the stress that accompanies grief during the transition period of a foster child leaving the home.	3 hours
Creating Teachable Moments	This course was created to address the skills that youth need in order to navigate life in the direction of success. The tools youth need are easily obtained with the help of a significant personal connection that takes an interest in teaching them. This course will discuss the ways we work with our youth, which falls into two categories: teaching tangible skills such as problem solving, planning, decision-making, time management, communication, and interpersonal relations. And secondly, intangible skills like cooking, budgeting, or how to get a summer job which caregivers can provide by creating teachable moments. This material will help resource parents have a better understanding of the lasting impact they can have on a youth's future.	3 hours
Neonatal Abstinence Syndrome (NAS)/Safe Sleep for Infants	This course provides Resource Parents with information about NAS. Neonatal Abstinence Syndrome is a condition in which a baby has withdrawal symptoms after being exposed to certain substances. The kinds of medications that may cause withdrawal and how to parent babies with NAS will also be discussed. In addition, techniques on how to reduce your baby's risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death will be reviewed.	3 hours



Foster Parent College Courses



(On-line Training)

To enroll in the on-line Foster Parent College courses, please contact the DCS Training Specialist assigned to your region.

Title of Course	Description of Course	Training Hours
ADHD/ADD/ODD	This course explores diagnosis and treatments of ADHD, ADD, and ODD, and discusses steps to help children with these disorders.	2
Anger Outbursts	This course covers temper tantrums, assaultive behavior towards other children, rage towards the mother, and erratic or unpredictable anger.	2
Anger Pie	Dr. Rick Delaney discusses how an understanding of the ABCs of behavior can help parents ward off angry outbursts.	2
Caring for Children Who Have Been Sexually Abused	Explores the emotional and behavioral effects of child sexual abuse on children in care and offers strategies to help overcome the challenges foster parents face.	4
Child Abuse & Neglect	A pre-service course designed for individuals interested in caregiving which focuses on child maltreatment. Learn about the characteristics, symptoms and reporting standards for child maltreatment.	4
Child Development	Explores typical child development, developmental domains and stages, temperament and goodness of fit, and the effects of abuse and neglect on a child's health and behavior.	4
Child Safety & Supervision	Michael F. Quinn, M.A., uses a professional child care worker's approach to child safety, providing foster parents with effective supervision strategies and tools for collecting background information, making in-home observations, and making supervision adjustments.	2
Child Welfare Team	Covers how the child welfare system works, purpose and goals of the system, key terms, and who the child welfare team members are, as well as their roles and responsibilities.	4
Childhood Anxiety Disorders	Viewers will learn to Identify symptoms and causes of anxiety disorders in children, emotional symptoms, steps to take & treatment options.	2
Children with Autism	Dr. Robert Nickel addresses the many challenges parents of children with autism face: social and communication deficits, and common medical problems.	2
Cultural Issues in	Examines how parents can support children's cultural development	4

Parenting	and why that is important to their healthy growth and development.	
Culturally Competent Parenting	Dr. Tanya M. Coakley discusses how culturally competent parenting can provide minority children an environment that respects and nourishes their sense of self.	2
Eating Disorders	Causes of and strategies for dealing with stealing and hoarding food, gorging, refusing certain foods, and anorexia are examined.	
Fire Setting	Fire-setting behaviors such as silent but deadly, impulsive, disturbed, accidental, and curious are examined in this course.	2
Foster Care to Adoption	Explores the process and challenges of moving from foster care to adoption and offers insight and advice for helping adoptive family members through those challenges.	4
Grief & Loss in the Foster Care System	Charley Joyce, LICSW, discusses grief and loss as it impacts foster children, birth parents and foster caregivers.	2
House Safety	This course shows how foster parents can observe safety rules for licensed or certified residential care facilities using self-inspections.	2
Impact of Fostering on Birth Children	Explores the challenges foster families face pre-placement, during placement, and post-placement and offers insights and advice for helping birth children through those challenges.	2
Kinship Care	Viewers will learn about family feuds, allegiance to birth parents, distance and defiance with kinship family.	2
Lying	Common behaviors addressed in this course include getting out of trouble, gaining attention, pathological, and getting others in trouble.	2
Parent –Child Attachment	Covers the difference between healthy and unhealthy attachment, how separation and loss affect attachment, and how attachment theory applies to real life.	4
Positive Parenting I	Viewers learn how to use cooperation, tracking behavior, and encouragement as parenting techniques.	2
Positive Parenting II	This course discusses setting limits and behavior contracts as positive parenting techniques.	2
Positive Parenting III	Strategies for using time-out, privilege removal, and assignment of extra chores to manage difficult behavior are discussed	2
Reactive Attachment Disorder	Healthy and unhealthy attachment, the emotionally promiscuous RAD child, the hyper-vigilant RAD child, RAD & other diagnoses are discussed in this course.	2
Reducing Family Stress	Explores adding a foster child to the family and offers insight into how to preserve the family structure and reduce stress caused by a changing dynamic.	4
Relationships: Strengthening Communication	This course helps foster parent couples improve communication with each other, resolve conflicts in their relationship, and promote intimacy.	4
Running Away	Searching for roots, running from rules, running from love and intimacy, wanting to be wanted, and running to street crime.	2
Safe Parenting	Developing safety and treatment plans are discussed in the context of meeting state regulations and the individual child's needs.	2
Self-Harm	This course examines self-injury, high-risk behavior, suicidal behavior, reckless accident proneness, and hair pulling.	2
Sexualized Behavior	This course examines obsessive sexual behavior, sexual behavior with siblings, seductive behavior towards adults, and public masturbation.	2
Sleep Problems	Viewers will learn about roaming, nightmares and night terrors, sleeping alone, and depression.	
Stealing	Topics covered in this course include shoplifting, stealing based on	2

	envy or revenge, kleptomania, and stealing from loved ones.	
Substance-Exposed Infants	Dr. Robert Nickel and Susan Edelstein, M.S. discuss the issues and challenges faced by parents who care for substance-exposed infants, including the effects of legal and illegal drugs, multiple substance abuse, working with the child's professional team, and successful parenting strategies.	4
Understanding Behavior in Foster Children	Explores problematic behavior in foster children and how foster parents can better understand the purpose of a child's behavior through careful observation.	4
Wetting & Soiling	Wetting as an emotional outlet, wetting as a self-defense, classic daytime or nighttime wetting, soiling and smearing feces, constipation and withholding stools and discussed in this course.	2
Working Together with Primary Families	Explores the benefits and challenges of building a working relationship between foster and primary families, and offers strategies for developing respectful, positive communication.	4
Working with Birth Parents I: Visitation	What to expect before, during, and after visitation with birth parents and strategies for helping the foster child transition back to their foster home are examined in this course.	2
Working with Schools	Roles and responsibilities, entering a new school, working with the school staff, special education, and parent advocacy are discussed in this course.	2

Books and Video Suggestions for Resource Parents

Books - up to 3 hours of training credit allowed annually

Adoption

- ***Being Adopted: The Lifelong Search for Self*** by David Brodzinsky
- ***Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*** by Sherrie Eldridge

Discipline

- ***1-2-3 Magic: Effective Discipline for Children 2-12*** by Thomas W. Phelan
- ***Creative Correction: Extraordinary Ideas for Everyday Discipline*** by Lisa Whelchel
- ***Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems*** by Jane Nelsen, Lynn Lott, and H. Stephen Glenn

Foster Care

- ***A Brother's Journey*** by Richard Pelzer
- ***A Child Called It*** by Dave Pelzer
- ***A Child's Journey Through Placement*** by Vera Fahlberg
- ***A Man Named Dave*** by Dave Pelzer
- ***A Teenager's Journey*** by Richard Pelzer
- ***Another Place At The Table*** by Kathy Harrison
- ***Damaged: The Heartbreaking True Story of a Lost Little Girl*** by Cathy Glass
- **[Finding Fish: A Memoir](#)** by Antwone Q. Fisher and Mim E. Rivas
- ***Fostering Hope: Living the Dream With My Name On It*** by Shane Salter
- ***Help Yourself*** by Dave Pelzer
- **[Hope's Boy: A Memoir](#)** by Andrew Bridge
- ***Practical Tools for Foster Parents*** by Lana Temple Plotz, Michael Sterba, and Ted Stricklett
- ***The Lost Boy*** by Dave Pelzer
- ***The Middle Mom: How to Grow Your Heart By Giving It Away*** by Christie Erwin
- ***The Privilege of Youth*** by Dave Pelzer
- ***The Women Who Raised Me: A Memoir*** by Victoria Rowell
- ***They Cage Animals At Night*** by Jennings Michael Burch
- ***Three Little Words: A Memoir*** by Ashley Rhodes-Courter
- ***Trouble Don't Last Always: When a Child Becomes a 4-year-old Parent*** by Shane Salter
- ***Walk a Mile in My Shoes: A Book About Biological Parents for Foster Parents and Social Workers*** by Judith A. Lee and Danielle Nisivoccia

Independent Living

- ***Beyond the Foster Care System: The Future for Teens*** by Betsy Krebs and Paul Pitcoff
- ***On Their Own: What Happens to Foster Kids When They Age Out of the Foster Care System*** by Martha Shirk

Kinship Care

- ***Grandparents as Parents: A Survival Guide for Raising a Second Family*** by Sylvie de Toledo and Deborah Edler Brown
- ***Raising Our Children's Children*** by Deborah Doucette-Dudman
- ***Relatives Raising Children: A Guide to Finding help and hope*** by Marianne Takas
- ***To Grandma's House, We . . . Stay: When You Have to Stop Spoiling your Grandchildren and Start Raising Them*** by Sally Houtman

Movies

- ABC News Primetime, Foster Care: Calling All Angels (2007)
- Aging Out (2006)
- Antwone Fisher (2003)
- August Rush (2007)
- Gracie's Choice (2004)
- Losing Isaiah (2003)
- Martian Child (2008)
- Meet the Robinsons (2007)
- My Flesh and Blood (2004)
- One Incredible Foster Family: The Ferber Family Story (2006)
- Secondhand Lions (2003)
- White Oleander (2003)

