

theSOURCE

"Training Minds for Exceptional Practice"

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A QUARTERLY PUBLICATION OF THE CHILD WELFARE TRAINING ACADEMY

CWTA is pleased to bring you **theSOURCE**, the newsletter of the DC Child & Family Services Agency Child Welfare Training Academy. Each issue of **theSOURCE** will provide you with updates on new classes, highlight special offerings, and give you the information you need to get the most out of the professional development opportunities offered by CWTA. If there are topics or training events you would like to see addressed, please let us know by contacting us directly at cwta.training@dc.gov.

SELF-CARE FOR RESOURCE PARENTS

Foster parenting is rewarding, difficult, and demanding all at the same time. Fostering brings many new experiences and challenges which may affect the child in foster care and the entire foster family. In order to ensure the best possible care for a child, it is important for a foster family to monitor stress levels and let the social worker or family support worker know if the family is feeling overwhelmed. As a foster parent, it is important for you to take care of your needs and the needs of your own children just as you would take care of the needs of a child placed in your home. It takes time to adjust to the arrival of a child and the resulting change in dynamics of the whole family.

You may not expect feelings of grief or loss after a foster child leaves your home. But as the child moves on, you lose the unique relationship that you had with that child. You and your family members will also face other kinds of grief such as the grief a child experiences by being away from their family. Some examples are:

- Grief felt by the child's parents when a child is removed.
- Feelings of loss felt by the child separated from his or her parents.
- Personal grief when your foster child is reunified with his or her family or placed in another foster or adoptive home.
- Grief over not being able to make a connection with a child or their family.

Although the move of a child may be a deeply emotional time, it is potentially an opportunity for growth and change. You can use feelings of grief to build empathy for what parents feel when their child is removed, and for the losses of the children who have to leave their own homes. Facing intense circumstances of grief and loss can be difficult, and you should allow time to work through and recover from such experiences. Below are some suggestions for how to work through difficult times.

- Connect with foster care and adoption support groups.
- Use respite providers as necessary.
- Allow time to grieve the loss of the child.
- Talk with your Family Support Worker or Resource Development Specialist about your needs.



Upon completion of each online course, please print your certificate immediately and send them to your Resource Development Specialist or Licensing Specialist within 15 days of completion!! Remember, only 9 hours of online training is permissible within your 2 year in-service training cycle.

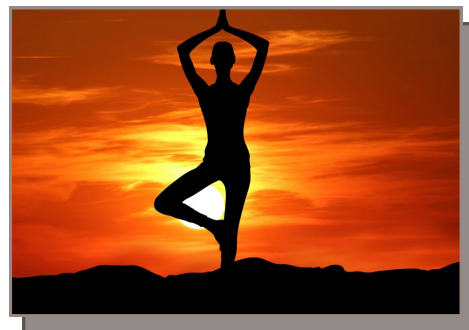
CWTA APPROVED ONLINE SITES:

- <https://dc.mandatedreporter.org/pages/Welcome.action>: Free online DC mandated reporter training
- www.fosterparents.com: One year membership: \$24 (not reimbursable).
- <http://www.fosterparentstest.com/store/index.htm> : A wonderful selection of online courses for resource parents covering topics from high needs babies to a range of disorders and challenges. Note that there is a non-reimbursable associated cost for each course.
- <http://www.fosterparentcollege.com/>: FosterParentCollege.com's Self-Paced training is accessible 24 hours a day, seven days a week. From the comfort and safety of home, parents can enroll, complete a course, and receive a certificate of completion in a single session. FPC has conducted more than 80,000 online training sessions since 2004. Designed by nationally recognized experts in the fields of parenting, pediatrics, psychology, psychiatry, and education, FPC courses are valued by foster care agencies and praised by caregivers. Many of our classes are also available on DVD at our website www.SocialLearning.com.

TRAUMA SENSITIVE YOGA

By Charlotte Williams, LICSW

For many resource parents, exposure to the maltreatment of children and parenting effectively a child with exhibiting traumatic symptoms begins to affect the parent's emotional, psychological, and physiological well-being. In an effort to absorb the child's trauma, many resource parents begin to experience many of the same symptoms as the children they parent. Most notably, parents may begin to feel substantial changes to their bodies, like chest pains, chronic tension in the shoulders and neck, head-aches and/or stomach pains, to name a few, that is sometimes coupled with the belief that relief from these debilitating symptoms does not exist. Eventually, for these persons, the body transforms into the enemy, and, more and more, the resource parent can begin to disengage from his or her body in an attempt to avoid these unpleasant physical experiences. Some use alcohol and/or drugs, food, etc. to ease the pain, while others begin to lose their love and passion for parenting children in child welfare. In order to enable these individuals to reconnect with their bodies and cultivate appropriate responses to sensory experiences, body-based alternative therapies must form an integral part of the resource parent's self-care plan.



Traditional talk-therapy, while demonstrating value in mitigating vicarious trauma and secondary traumatic stress, focuses on assisting the individual with drawing connections between thoughts, emotions, and behaviors when responding to their experiences. Unfortunately, this approach leaves out important aspects of their individual's bodily response and reactions to their experiences. Many individuals will attempt to use intellectualization to figure out why something is happening, but this does not address what is happening in the body. Research indicates that yoga, and more specifically, trauma-sensitive yoga is a promising adjunctive therapy that addresses the cognitive, emotional, and physiological symptoms associated with chronic trauma, PTSD and vicarious trauma. Whether designed for a specific yoga class or integrated in a therapy practice, trauma-sensitive yoga uses movement and breathing exercises to give those who practice the opportunity to remain in the present, to notice and tolerate inner experiences, and to cultivate a new relationship with the body. The ability to "befriend the body" in this way has been shown to affect positively one's emotional and mental health, relationships with others, and sense of being in the world.

REGISTRATION IS REQUIRED FOR ALL CLASSES



You can also call the

- **PLEASE REGISTER EARLY TO SECURE YOUR ADMISSION IN EACH COURSE.** Registrations will not be accepted within 48 hours of a course start time.
- **IF YOU REGISTER FOR A TRAINING EVENT BUT WILL NOT BE ABLE TO ATTEND, PLEASE CALL (202) 727-5329 AS SOON AS POSSIBLE.**

By Erin Clegg, LICSW

[illegible]

Module Four, *Generating Signals of Safety*, focuses on the healing power of relationships and how resource parents can positively impact their child's view of themselves, their relationships, the world around them, and their future by providing consistent and individualized signals of care. Recognizing that caring for children who have experienced trauma can increase caregivers' risk of secondary traumatic stress, this module emphasizes the importance of self-care and team support.

DATES, TIMES AND LOCATIONS ARE SUBJECT TO CHANGE

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
WEDNESDAY, OCTOBER 9, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	SHARED PARENTING: BUILDING COLLABORATIVE EFFORTS BETWEEN FOSTER PARENTS & BIRTH PARENTS: This 3-hour Shared Parenting training brings child welfare professionals together, creating an opportunity to understand how to support the unique shared parenting role between the birth parent and the resource parent. This workshop allows the child welfare professional to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family.	3
THURSDAY, OCTOBER 10, 2019 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402	HUMAN TRAFFICKING: VOLUME II: The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurses, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.	6
SATURDAY, OCTOBER 12, 2019 10:00AM-5:00PM 200 I Street SE Washington, DC Room 2003	AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.	5
SATURDAY, OCTOBER 12, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2003	SHARED PARENTING: BUILDING COLLABORATIVE EFFORTS BETWEEN FOSTER PARENTS & BIRTH PARENTS: This 3-hour Shared Parenting training brings child welfare professionals together, creating an opportunity to understand how to support the unique shared parenting role between the birth parent and the resource parent. This workshop allows the child welfare professional to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family.	3



October



DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
SATURDAY, OCTOBER 12, 2019 9:00AM-4:00PM 200 I Street SE Washington, DC Room 2003	TRAUMA-INFORMED CAREGIVING (MOD 1 & 2): This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing.	6
SATURDAY, OCTOBER 26, 2019 10:00AM-5:00PM 200 I Street SE Washington, DC Room 2402	AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.	5
TUESDAY, OCTOBER 30, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 4004	SHARED PARENTING: BUILDING COLLABORATIVE EFFORTS BETWEEN FOSTER PARENTS & BIRTH PARENTS: This 3-hour Shared Parenting training brings child welfare professionals together, creating an opportunity to understand how to support the unique shared parenting role between the birth parent and the resource parent. This workshop allows the child welfare professional to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family.	3



DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
THURSDAY, NOVEMBER 7, 2019 9:00AM-4:30PM 200 I Street SE Washington, DC Room 4004	HUMAN TRAFFICKING: VOLUME II: The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurses, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.	6
SATURDAY, NOVEMBER 9, 2019 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004	AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.	5
SATURDAY, NOVEMBER 9, 2019 10:00AM-3:00PM 200 I Street SE Washington, DC Room 003	TRAUMA-INFORMED CAREGIVING (MOD 3 & 4): This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing.	4
WEDNESDAY, NOVEMBER 13, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	SHARED PARENTING: BUILDING COLLABORATIVE EFFORTS BETWEEN FOSTER PARENTS & BIRTH PARENTS: This 3-hour Shared Parenting training brings child welfare professionals together, creating an opportunity to understand how to support the unique shared parenting role between the birth parent and the resource parent. This workshop allows the child welfare professional to take a deeper dive into what it means to co-parent by examining the benefits to all in-	3
SATURDAY, NOVEMBER 23, 2019 8:30AM-5:00PM 200 I Street SE Washington, DC Room 2003	YOUTH MENTAL HEALTH FIRST AID: This 8 hour course teaches lay-persons how to recognize the signs and symptoms of Mental Illness and Substance Use disorders, deescalate crises, provide comfort, and refer individuals to professional services. The program utilizes interactive exercises and role playing activities to teach a unique action plan for helping others.	8

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
SATURDAY, NOVEMBER 23, 2019 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004	AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure. TRAINER: AHA CERTIFIED TRAINERS	5

DECEMBER 2019

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
SATURDAY, DECEMBER 7, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	REBUILDING THE EMOTIONALLY BROKEN CHILD: This workshop focuses on the relationship between the resource parent and the child in out-of-home foster care. Training focuses on the resource parent as a vital bridge between the children in foster care and CFSA. Emphasis is given on resource parents as agents of healing for the emotionally-injured children in their care. Participants develop a basic understanding of the importance of healthy relationships between resource parents and the children and youth in their care.	3
SATURDAY, DECEMBER 7, 2019 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004	AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure. TRAINER: AHA CERTIFIED TRAINERS	5
TUESDAY, DECEMBER 10, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 4004	SHARED PARENTING: BUILDING COLLABORATIVE EFFORTS BETWEEN FOSTER PARENTS & BIRTH PARENTS: This 3-hour Shared Parenting training brings child welfare professionals together, creating an opportunity to understand how to support the unique shared parenting role between the birth parent and the resource parent. This workshop allows the child welfare professional to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family.	3

DECEMBER 2019

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
SATURDAY, DECEMBER 14, 2019 10:00AM-5:00PM 200 I Street SE Washington, DC Room 2003	AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.	5
SATURDAY, DECEMBER 14, 2019 9:00AM-4:00PM 200 I Street SE Washington, DC Room 2402	TRAUMA-INFORMED CAREGIVING (MOD 1 & 2): This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing.	6
THURSDAY, DECEMBER 19, 2019 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402	HUMAN TRAFFICKING: VOLUME II: The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurses, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.	6



december





CHILD WELFARE TRAINING ACADEMY- COURSE REGISTRATION FORM

Couples registration is prohibited. Primary resource parent, spouse and/or support parent must register individually. Resource Specialist/Family Support Worker will receive notification via email of your confirmation. Participants who arrive 30 minutes beyond the start time for the course will not be admitted into the course, receive credit, or be awarded a certificate. Participants are required to attend the full day to receive their certificates. Child care is not provided unless otherwise specified in the course description. Registrations are nontransferable; if you register but are unable to attend, please contact us at your earliest convenience so we might offer this space to someone else. Email: cwta.training@dc.gov or Phone: 202-727-4798 or 202-727-5329.

PERSONAL INFORMATION (PLEASE TYPE/PRINT THE NAME OF THE PERSON REGISTERING FOR TRAINING)

LAST NAME:		FIRST NAME:		MIDDLE INITIAL:	
STREET ADDRESS:			CITY:		STATE: ZIP:
PRIMARY PHONE:				EMAIL ADDRESS:	
AGENCY AFFILIATION:				RESOURCE PARENT TYPE:	

ADDITIONAL INFORMATION

AGE OF THE CHILD(REN) IN THE HOME:

RESOURCE SPECIALIST/FAMILY SUPPORT WORKER:

SPECIAL ACCOMMODATIONS NEEDED:

TRAINING COURSE INFO (PLEASE CHOOSE OTHER POSSIBLE DATES, AS COURSES TEND TO FILL QUICKLY.)

COURSE TITLE	DATE PREFERENCE #1	DATE PREFERENCE #2