

the SOURCE "Training Minds for Exceptional Practice"



WTA 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.

MAKING SUMMER COUNT WITH SHARED PARENTING

By Carolyn Lander, CWTA Resource Parent In-service Training Coordinator

Foster children and their families are a vulnerable population who often represent marginalized groups and communities that are at a higher risk for poor health as a result of the barriers experienced by a lack of social, economic, political, and environmental resources, (Bruskas, 2008). It takes a collaborative effort from a supportive team to enhance a family's capacity to grow and develop all family members. There is no time like the summer to jumpstart this effort.

While children and youth are out of school this summer and have more flexible schedules, social workers, resource parents and biological parents can be the team that makes a difference. The team can personally commit to use shared parenting to increase the family's stability and children's wellbeing. CFSA believes that shared parenting is more than an "Ice Breaker". It's a powerful tool in a resource parent's toolbox highlighting the philosophical commitment to promote children's well-being by encouraging biological parent engagement; actively supporting relationships between resource and birth parents; and using a team approach to emphasize listening, learning, sharing information, collaborating and making joint decisions via the co-parenting relationship.

So, how can the shared parenting concepts support children and families over the summer?

As the resource parent, you can introduce biological families and their children to community programs and supports, promote educational/recreational opportunities, and identify inexpensive family strengthening projects to promote safety and stability before and after reunification. Let's celebrate the summer with children and youth by incorporating the biological family's input as you plan activities for the children. The following community programs and practical one-one-activities are available for your usage:





COMMUNITY PROGRAMS

Healthy Families Collaboratives work to strengthen and prevent unnecessary separation of children from their families. Collaborative programs include family –fun & adult activities, social services, fatherhood & parent support groups at the locations listed below:

• Far Southeast Family Strengthening Collaborative

2041 Martin Luther King Jr Ave SE Suite 304, Washington, DC 20020; Phone: (202) 889-1425

East River Family Strengthening Collaborative, Inc.

3917 Minnesota Ave NE, Washington, DC 20019; Phone: (202) 397-7300

Edgewood/Brookland Family Support Collaborative

601 Edgewood St NE Ste 25, Washington; Phone: (202) 832-9400

• Georgia Avenue Family Support Collaborative

4420 Georgia Ave., NW; Phone: (202) 722-1815

Columbia Heights/Shaw Family Support Collaborative

1816 12th Street NW, 2nd Floor, Washington, DC 20009; Phone: (202) 518-6737



EDUCATIONAL AND RECREATIONAL OPPORTUNITIES

YMCA DC: https://www.bgcgw.org/

BOYS & GIRLS CLUBS OF GREATER WASHINGTON: https://www.bgcgw.org/

DC DEPARTMENT OF PARKS AND RECREATION: https://dpr.dc.gov/page/teens and https://dpr.dc.gov/page/teens

-programs

DISTRICT OF COLUMBIA PUBLIC LIBRARY: https://www.dclibrary.org/

INEXPENSIVE HOME PROJECTS

<u>Create a family tree of strength or thanks.</u> This exercise honors those around our families who support them. They can paint individuals who offer strength when it is needed.

<u>Make something for someone else</u>. This exercise encourages families to focus on others by making something for someone else to brighten their day.

<u>Make anchor art</u>. Who are the anchors in your life? In this project, the child and family can make an anchor and decorate it with the people and things that provide stability and strength.

Create a timeline and draw the most significant moments in your life: This timeline will reflect the story of the child's life, with the most important moments highlighted visually.



"Family means no one gets left behind or forgotten." – David Ogden Stiers



FREE ONLINE IN-SERVICE TRAINING RESOURCE: COMING SOON!

By Trista Davis, M.S.S.W.

The Child Welfare Training Academy is proud to announce that you will have access to new online in-service training through FOSTER PARENT COLLEGE. COM® at <u>no</u> cost to you. To ensure that you are registered under the umbrella of CWTA, you must provide your resource parent support worker with a current and valid email address by July 31, 2019. CWTA will register all existing resource parents by August 31, 2019. Once registered, you will receive an initial welcome email and password. The password should be immediately changed to something that is uniquely catered to you.

WHAT IS THE GOAL OF FOSTERPARENTCOLLEGE.COM®?

The goal of FosterParentCollege.com® is to provide research-based training for resource parents. These courses will provide you with quick and easy access to expert help on specific parenting and behavioral challenges through online training. Whether you are meeting in-service training requirements, thinking of welcoming a child into your family, or seeking new parenting strategies, FosterParentCollege.com® classes can help you:

Understand challenging behavior

Recognize the underlying causes of the behavior

Discover fresh ideas to improve the behavior

WHAT TYPES OF COURSES ARE OFFERED AND HOW OFTEN CAN THEY BE ACCESSED?

FOSTERPARENT COLLEGE, COM's self-paced training courses are available 24/7 with most courses including:

Informative handouts

Interactive exercises

An interactive review questionnaire

A printable summary

WHAT ARE THE PERKS OF BEING A REGISTERED USER WITH FOSTERPARENTCOLLEGE.COM®?

When you are registered with FPC, you will have an individual Personal Home page which gives you access to courses, discussion boards, and handouts. From your Personal Home page you can:

Start or stop courses at will

Manage viewed courses

Review and print course-related handouts

Review and print certificates of completion

Participate in discussion boards

Change passwords

Voluntarily provide caregiving profile information

Maintain a personal notebook

Send comments to agency administrator or FPC support

WHAT IF I AM ALREADY REGISTERED WITH FOSTERPARENTCOLLEGE.COM®?

If you have an existing FosterParentCollege.com® account, CWTA will transfer your existing membership to our CWTA account so that you can:

Access free online courses at no cost

You can take as many online courses from FosterParentCollege.com® as you desire yet <u>you can only receive up to nine</u> <u>online in-service training hours during your relicensing period</u>. Confirm your email address with your Resource Parent Support worker today and you can take advantage of free online training by September 2019.

"FosterParentCollege.com." FOSTERPARENTCOLLEGE.COM®: Online Training for Foster, Adoptive, and Kinship Parents and Carers, www.fosterparentcollege.com/index.jsp.





ONLINE TRAINING

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.dshs.wa.gov/ca/fosterparents/training.asp: The entire FosterParentscope Training program is presented in this award-winning Web site from Washington State. Adapted from the SUNY Fosterparentscope curriculum.
- 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.

Need more information? Contact Aretha Wells, Program Specialist at aretha.wells@dc.gov.

REGISTRATION INFORMATION

REGISTRATION IS REQUIRED FOR ALL CLASSES

The Child Welfare Training Academy has heard your request for online registration! We are pleased to introduce you to CourseStorm! This online platform will allow you to register for CWTA offered training from the comfort of your home day or night! To register for classes please go to cwta.coursestorm.com. You will need an email address to utilize this new system. For assistance with registration using CourseStorm for the first time, please contact CWTA's Resource Parent In-Service Training Coordinator Carolyn Lander via email at

<u>carolyn.lander@dc.gov</u> or phone at 202-727-7571.

CourseStorm

You can also register electronically by emailing the Course Registration Form to cwta.training@dc.gov. The form is located at the end of this newsletter.

- 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 EMAIL CWTA.TRAINING@DC.GOV AS SOON AS POSSIBLE.



JULY 2019

DATES, TIMES AND LOCATIONS ARE SUBJECT TO CHANGE

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS		
9:00AM-12:00PM & 1:00PM-4:00PM 200 Street SE Washington, DC	WORKING EFFECTIVELY WITH LGBTQ YOUTH: CWTA provides this training to help participants learn how best to work with youth who self-identify as lesbian, gay, bisexual, transgender, and questioning (LGBTQ). The course offers clear definitions and experiential exercises that allow participants to better under-stand the thought and feelings of the LGBTQ population.	3		
Room 4004	TRAINER: CWTA TRAINER			
WEDNESDAY, JULY 10, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	DE-ESCALATION: This training will offer a means to engage with an individual during a potentially dangerous or threatening situation. The purpose of this training is to reduce the risk of physical injury to the child development professional, the resource parent, and the youth or adult being engaged.	3		
	CWTA TRAINER			
SATURDAY, JULY 13, 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. TRAINER: AHA CERTIFIED TRAINERS	5		
9:00AM-12:00PM 200 I Street SE Washington, DC Room 4004	DIMENSIONS OF GRIEF & LOSS: This training explores the grief and loss process in children and adolescents. Participants learn the common characteristics of a grieving person and what grief "looks like" throughout the different developmental stages of a child and adolescent. Participants also learn different tools to use with grieving children and adolescents to facilitate emotional expression. TRAINERS: CWTA TRAINER	3		



JULY 2019

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
THURSDAY, JULY 18, 2019 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402	HUMAN TRAFFICKING: This training session focuses on recognizing the risk factors and conditions that place children and youth involved in the child welfare system at heightened risk for CSEC. By the end of the session, participants will be able to demonstrate best practice approaches in reducing the risk of victimization, engaging children and youth in screening, responding to CSEC indicators, and partnering to develop trauma-informed and strengths-based plans to promote safety and empowerment. TRAINERS: CWTA TRAINER	6
9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	SHARED PARENTING: 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 resource parents and birth parents to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family. TRAINERS: CWTA TRAINER	3
SATURDAY, JULY 27, 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

AUGUST 2019

SATURDAY, AUGUST 3, 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.

TRAINERS: CWTA TRAINER





AUGUST 2019

DATE/TIME/	TITLE/OBJECTIVE/TRAINER	TRAINING
SATURDAY, AUGUST 10, 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. TRAINER: AHA CERTIFIED TRAINERS	5
9:00AM-4:00PM 200 Street SE Washington, DC Room 2402	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. TRAINERS: CWTA TRAINER	5
SATURDAY, AUGUST 10, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 4004	SHARED PARENTING: 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 resource parents and birth parents to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family. TRAINERS: CWTA TRAINER	3
TUESDAY, AUGUST 20, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	DE-ESCALATION: This training will offer a means to engage with an individual during a potentially dangerous or threatening situation. The purpose of this training is to reduce the risk of physical injury to the child development professional, the resource parent, and the youth or adult being engaged. CWTA TRAINER	3

AUGUST 2019

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DATE/TIME/ LOCATION	IIILE/OBJECTIVE/TRAINER					
WEDNESDAY, AUGUST 21, 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. TRAINER: CWTA TRAINER	6				
SATURDAY, AUGUST 24, 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. TRAINER: AHA CERTIFIED TRAINERS	5				
SATURDAY, AUGUST 24, 2019 10:00AM-2:00PM 200 I Street SE Washington, DC Room 2003	TEAMING WITH FOSTER PARENTS & SOCIAL WORKERS: During this training, participants will comprehend the philosophy, principles and components of teaming; use the Co-Parenting Model (relationship between the resource parent, birth parent and social worker, values and beliefs) in child welfare practice; identify contractual agreements (policies, stipends, transportation etc.) for Resource Parents and Social Workers; plan a problem identification and resolution process with each case; and use active communication, support, reciprocity in working with resource parents.	4				
	TRAINER: CWTA TRAINER					







SEPTEMBER 2019

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
THURSDAY, SEPTEMBER 12, 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. TRAINER: CWTA TRAINER	6
SATURDAY, SEPTEMBER 14, 2019 10:00AM-5:00PM 200 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
SATURDAY, SEPTEMBER 14, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 4004	FETAL ALCOHOL SYNDROME: This training will provide an overview of causes and symptoms of FASD. Discussions include impact of FASD on service delivery. It explores age-appropriate behaviors, as well as adaptive methods for managing behavioral concerns and best practices to assist with effective service delivery and improving case outcomes. TRAINER: CWTA TRAINER	3
WEDNESDAY, SEPTEMBER 18, 2019 9:00AM-12:00PM 200 I Street SE Washington, DC Room 4004	DE-ESCALATION: This training will offer a means to engage with an individual during a potentially dangerous or threatening situation. The purpose of this training is to reduce the risk of physical injury to the child development professional, the resource parent, and the youth or adult being engaged. CWTA TRAINER	3



SEPTEMBER 2019

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
9:00AM-12:00PM 200 I Street SE Washington, DC Room 2402	BEST PRACTICES IN ENGAGING FATHERS: This training helps parents to develop relevant knowledge, skills, and appropriate understanding of the importance of engaging fathers in the case planning process. The training explores critical skills for engagement and intervention, principles of best practice, facilitating equal access to services, and managing interpersonal challenges to result in effective case work with fathers and men. Training emphasis is placed on the significance of the father's engagement in securing the safety, permanency, and well-being of children and families. TRAINER: CWTA TRAINER	3
SATURDAY, SEPTEMBER 28, 2019 10:00AM-3:00PM 200 Street SE Washington, DC Room 4004	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. TRAINER: CWTA TRAINER	4
SATURDAY, SEPTEMBER 28, 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. TRAINER: AHA CERTIFIED TRAINERS	5







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 HOM	ΛE:						
RESOURCE SPECIALIST/FAMILY SUPPO SPECIAL ACCOMMODATIONS NEEDED		ER:					
SPECIAL ACCOMMODATIONS NEEDEL).						
TRAINING COURSE INFO (PLEASE C	HOOSE 01	THER POSSIBL	E DATES,	. AS COL	irses tend to f	ILL QUICKLY.)	
COURSE TIT	TLE			DATE PR	EFERENCE #1	DATE PREFERE	NCE #2